

# **Journal Prompts for Reflection, Healing, and Growth**

A free resource to inspire mindfulness, self-care, and self-discovery

## Daily Reflection Prompts

1. What emotions am I feeling today? Where do I feel them in my body?

2. What is one thing I did today that I'm proud of?

3. What challenged me today, and how did I respond?

4. How did I take care of myself today?

5. What is one small act of kindness I can show myself tomorrow?

## Gratitude Prompts

1. List three things you're grateful for right now.
2. Who has made your life better this week? Write them a mental thank-you.
3. What is something ordinary that brought you joy today?
4. Reflect on a challenge you've overcome and what it taught you.
5. Write down one thing about yourself you are grateful for.

## **Mindfulness Prompts**

1. Describe your surroundings in detail. What do you notice?
2. Write about a moment today when you felt fully present.
3. Close your eyes and take three deep breaths. Write down what you notice.
4. What thoughts keep repeating in your mind? Can you observe them without judgment?
5. Describe a place, real or imagined, where you feel completely calm.

## **Self-Discovery Prompts**

1. What are my core values, and am I living in alignment with them?
2. What makes me feel alive and energized?
3. What limiting beliefs hold me back, and what can I do to release them?
4. When do I feel most like myself?
5. Who do I aspire to be in the next year?

## **Affirmation Prompts (Part 1)**

1. Write three affirmations that feel true for you today.
2. Repeat: 'I am capable of handling whatever comes my way.' How does this feel?
3. Write an affirmation to counter a negative thought you've had recently.

## **Affirmation Prompts (Part 2)**

4. Describe a past accomplishment and affirm your ability to achieve more.

5. End your journal entry with a positive intention for tomorrow.

## **Habit & Self-Care Check (Part 1)**

1. What self-care practices did I do this week?

2. Which habits support my well-being, and which drain me?

3. What new habit could improve my daily life?

## **Habit & Self-Care Check (Part 2)**

4. How can I prioritize rest and rejuvenation this week?

5. Reflect on one thing I can do today for my mental or emotional health.

## **Keep Journaling, Keep Growing**

Use these prompts to explore your mind and heart without judgment. There's no right or wrong way to journal—write freely, honestly, and compassionately.

Over time, this practice can increase clarity, self-awareness, and inner peace.