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# JOURNAL PROMPTS FOR 30 DAYS



WHAT DO YOU LOVE MOST ABOUT YOUR LIFE?	WHAT ARE 3 THINGS YOU'RE GRATEFUL FOR TODAY?	WHEN DO YOU FEEL MOST LIKE YOURSELF?	WHAT DO YOU VALUE MOST?	WHAT ARE SOME AREAS OF YOUR LIFE YOU WOULD LIKE TO IMPROVE?
DESCRIBE YOUR PERFECT DAY: WHY IS IT YOUR PERFECT DAY?	WHAT ARE 3 QUALITIES YOU LOVE ABOUT YOURSELF?	DESCRIBE YOUR DREAM SELF: WHAT IS HOLDING YOU BACK FROM BECOMING THAT SELF?	HOW CAN YOU TAKE BETTER CARE OF YOURSELF?	WHAT IS ONE THING YOU LOOK FORWARD TO EVERY DAY?
DOES YOUR SPACE REFLECT WHO YOU ARE? WHY? WHY NOT?	WHAT IS SUCCESS TO YOU?	WHAT DRAINS YOUR ENERGY? WHY DO YOU THINK THAT THIS?	HOW CAN YOU DECLUTTER YOUR LIFE, PHYSICALLY AND MENTALLY, TO MAKE IT MORE ENJOYABLE?	WHAT IS YOUR GREATEST STRENGTH? WHY?
WHAT ARE SOME OF YOUR REGRETS?	HOW CAN YOU BE MORE MINDFUL IN YOUR LIFE?	WHAT DOES HAPPINESS MEAN TO YOU?	WHO AND WHAT INSPIRES YOU? WHY?	WHAT MAKES YOU FEEL MOST AT PEACE? WHY?
WHO DO YOU WISH TO BE LIKE (REAL OR IMAGINED)? WHAT IS IT ABOUT THEM, THAT MAKES YOU WANT TO BE LIKE THEM?	DO YOU THINK YOU'RE NOT WORTHY? WHY? (BTW, YOU WILL ALWAYS BE WORTHY)	WHAT EXCITES YOU IN LIFE? WHY?	WRITE DOWN YOUR WORRIES, FEARS AND DOUBTS:	IF YOU COULD GIVE ADVICE TO YOUR YOUNGER SELF, WHAT WOULD YOU SAY?
WHAT IS YOUR SELF-CARE ROUTINE? DOES IT HELP YOU?	WHAT DO YOU WANT LESS OF IN YOUR LIFE? WHY?	WHAT IS SOMETHING YOU WANT TO LEARN THIS YEAR? DO YOU WANT TO TRY SOMETHING NEW OR IMPROVE A SKILL? WHY?	WHAT STOPS YOU FROM BEING PRODUCTIVE? WHY?	WHAT CAN YOU DO TODAY TO WORK TOWARDS THE LIFE YOU WANT?

