

JOURNALLING PROMPTS

Not sure what to write in your journal? Having a blank? If you're stuck for ideas, try one of the following prompts. Bullet points are fine and don't worry about crafting the perfect paragraph, just write from the heart.

- How would I describe my day in one word?
- What did I learn today?
- What significant event stood out?
- What's present/going on for my right now?
- What's going well? What is creating that?
- What's challenging? What is creating that?
- What needs my attention?
- What am I grateful for?
- What strengths do I notice in myself?
- What strengths and contributions do I notice in others?
- What is an action I'm committing to?
- What's my intention for tomorrow? How will I show up?
- How was I better today than yesterday?
- How might I do this differently in the future?
- How did I behave during conflict? What emotions came up for me?
- Am I stuck in resentment or anger? How is this affecting me?
- What went well today?

DONE is better than **PERFECT**