Journaling Prompts

- What are you grateful for today?
- What are you feeling today?
- What happened in your life today?
- What is something you are looking forward to?
- How do you feel today compared to a year ago? Where do you see the most growth or change?
- When do you feel the most like yourself? What are you doing during those moments?
- What do you value most in your relationships/friendships?
- What emotions are coming up most frequently for you?
- What are three things you do to relax?
- When you are having a hard day what helps you get through it?
- What are three things that you accomplished this week? No matter how small they may seem, describe them and how you felt.
- What are three things you like about yourself?
- When you are upset, what steps do you take to calm down?
- Pick a song that you like and describe how it makes you feel when you listen to it.
- Who is someone who consistently supports you? What do they do in those moments?
- Describe your ideal environment to feel calm and relaxed.
- If you had a week off school and/or work, what would you do with that time?
- Take a walk and notice the things around you. After your walk write down three things you observed.
- What is most important to you in your life?

Bullet Journaling Prompts

- Took a walk
- Read a book
- Exercised
- Slept for 8+ hours
- Drew
- Practiced an instrument or made art
- Meditated
- Journaled
- Hung out with friends