

# JOURNAL PROMPTS

7 Journal prompts to  
spark self-reflection

## Journaling Tips

- Try to do one prompt per day. It can be helpful to make a habit of journaling at a specific time every day. *For example, after you brush your teeth or during your morning coffee.*
- Take the pressure off yourself; it's okay to skip a day or a specific prompt. If you skip a prompt, try coming up with one of your own.
- Write as much or as little as you wish.
- You don't need to write in complete sentences, legibly, or coherently. This journal is for your eyes only.

DATE: \_\_\_\_\_

Visualize and describe your safe space - a place where you feel at ease, comfortable, and safe. Where is this place? Who is in this place? What about it makes you feel safe?

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DATE: \_\_\_\_\_

What made you feel happy today?

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DATE: \_\_\_\_\_

What do you envy or admire about someone else and why?

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DATE: \_\_\_\_\_

Reflect on your self-talk. What is a negative belief that you have about yourself? Is it true? How do you feel when you think about that belief? What can you do to change that?

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DATE: \_\_\_\_\_

What was an obstacle that you overcame in your life? How did it make you feel when you were going through it? How do you feel about it now?

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DATE: \_\_\_\_\_

If there was no possibility of failing, what is something that you do/try?

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DATE: \_\_\_\_\_

Is there a person in your life that you feel unconditional love from? What does that feel like? How would that person describe you?

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