

Journaling Prompts

Journaling is something anyone can do at any time- all it requires is you carving out some time for yourself (in addition to grabbing something to journal with). One thing that can stand in the way of getting started with journaling is figuring out what to journal about. If you are searching for inspiration for how to get started, here are some starting places for a journal entry (i.e. journal prompts) to help you begin your next journal entry. You can write as little or as much in response to this prompt as is useful for you. Simply write this prompt at the top of your blank page... and let the writing begin!

What areas of personal growth are most important to you right now?

If you could change one thing about your attitude toward something in your life that poses a challenge to you, what would it be?

Who is someone you look up to that you've met as an adult?

Which relationships in your life would you like to strengthen or otherwise change?

What are some of your recent achievements that you feel particularly proud of?

What are your goals for the week ahead? How can you set yourself up for success toward these goals?

How do you imagine journaling being useful for you to achieve your personal or professional goals?

What is the most surprising thing you have learned about yourself from the practice of journaling?