

Journal/Diary Prompts

- How am I going to challenge my comfort zone today?
- Today my intentions are...
- My daily goals are/is...
- What do I want to achieve today?
- Where do I see myself in _____ years
- A pep talk to myself would be...
- Today I am grateful for...
- I had a positive impact on.....because.....
- What 3 things are on my to do list today?
- I'll stay on track today by....
- One thing I should have done differently today...
- A habit that could use a bit of changing is.....because...
- Something that I was uncertain of today....
- I'm glad that....
- To prevent from giving up, I...
- What surprised me most today was...
- I was happy to hear.....
- I wish I knew more about...
- I was thankful for...
- When I gaze outside, I wonder about...
- A challenge I had today was....
- Something I over came
- I overcame a frustration by...
- I will deal with negative thoughts by...
- I am looking forward to....
- An interesting part of today
- I'm unique mostly because....
- I genuinely appreciate _____ because.....
- I feel peaceful about...
- Something I could improve is...
- The behavior I'm most proud of about me is...
- An important person in my life is....because...
- Something special about me is...
- believes in you most and why?
- When I feel overwhelmed, this is what I'll do.
- I feel my purpose in life is.....
- The inner and wise self would tell me....
- I'm feeling optimistic about...
- A big hope I have is...
- Two stars for today and a wish for tomorrow is:
- A milestone for me is...
- An experience that really taught me something is...
- I listened to my intuition and it helped when...
- When you're feeling down, how can you benefit from feeling grateful instead?
- Gratitude makes you happier, explain this.
- I made somebody feel better today by...
- I gave a well received compliment today because....
- My values helped me today with...
- I received a compliment today because...
- The benefit of cooperating today was...
- I was able to re-focus my attitude today by....
- 3 wise choices I made today...
- I thought before I acted and it paid off because..
- Believers are achievers, an example of this for me is...
- A positive quote for my day today would be
- I will challenge myself by...
- Happiness depends on you...choose happiness, how will I do this today?
- Positive attitudes attract positive results, how will I remain positive?
- What is something I really need to 'let go'?
- My priorities today are...
- A life lesson I've learned is...
- On my bucket list is....
- Who's bucket will you fill today and how?
- How will you fill somebody's bucket today?
- My top strategies for when I start to struggle are...
- I won't become distracted if I....