# 30 Journal Prompts

- 1. What does your dream life look like?
- 2. What does your ideal day look like?
- 3. What are you most proud of yourself for?
- 4. Where do you see yourself in 6 months? A year? 5 years? 10 years?
- 5. What are your daily habits?
- 6. Does your morning routine support your dream life?
- 7. What are 3 things you're grateful for?
- 8. If you couldn't fail, what would you do?
- 9. How do you spend your Sundays?
- 10. What do you need more of in your life?
- 11. How have you changed in the last 5 years?
- 12. If someone else described you, what do you think they'd say? Why?
- 13. What is success to you?
- 14. What habits do you need to develop or change?
- 15. What are 3 things you currently have that you used to wish you had?
- 16. What are 10 things you love about yourself?
- 17. What activities set your soul on fire?
- 18. What kind of person do you want to become?
- 19. Write down 3 goals you want to achieve by the end of the year and what you've been doing to get there.
- 20. Write down 3 inspiring quotes.
- 21. Write a letter to your future self.
- 22. What are you afraid of?
- 23. What drains your energy?
- 24. How do you take care of yourself?
- 25. What are you good at?
- 26. What is the best piece of advice you've ever received?
- 27. What does your self-care routine look like?
- 28. What is one thing you look forward to? Why?
- 29. What has been going well in your life lately?
- 30. How can you support yourself more?

# **Personal Journal Topics**

**Ensheng Dong** 



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