

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

Arturo Cuomo



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