



# Journal Pages

# *My Journal Prompts*

Journaling is a safe way to explore your experiences and helps you to let go of anxieties and negative thoughts. Use these prompts and commit to spending 15 minutes a day writing whatever comes into your mind.

- What am I doing right now?
- What am I worried about?
- What triggered this feeling?
- What is something that I would like to achieve?
- What emotions am I holding on to?
- Why am I feeling this way?
- How do the different parts of my body feel?
- What do I know to be true that I didn't know a month/year ago?
- What distractions stop me being productive?
- If my best friend described me, what would they say?
- What brings me joy?
- My bucket list of things I've always wanted to do:
- A place where I felt happiest was...
- What is my greatest fear?
- Is there something that I would change about myself?
- One place I'd like to visit is...
- If I were granted a wish, what would I wish for?
- What superpower would I like to have and how would I use it?
- Where do I see myself in the next 1, 3, 5, 10 years from now?

# *More Journal Prompts*

- My biggest fear
- I get frustrated when
- My biggest regret
- Three habits I want to develop
- How my best friend would describe me
- What brings me peace
- What I see successful people doing differently
- What I could teach my 14-year old younger self
- The things holding me back
- If money was no obstacle, I would
- What I would be doing right now in my dream life
- The things I find most fulfilling
- How I have changed over the last year
- My most precious memories
- How I can make my life more simple
- The things I am looking forward to and excited about
- The most life-altering event for me
- The things I enjoyed when I was a child
- The things I love most about myself
- The ways I show kindness to myself
- The people I rely on in my life
- How I find strength when things are difficult
- How I take care of myself when I'm hurting
- How I interact with nature
- The first thing I notice about other people
- The things I do to relax
- If I could travel anywhere, I would go to...
- An important relationship for me is...
- What my space says about me
- The problems I have currently
- The things that bring meaning to my life
- What I see when I look in the mirror
- How I feel about learning new things

# Morning



TODAY I AM FEELING...

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TODAY I AM GOING TO...

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TODAY I AM LOOKING FORWARD TO...

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MY AFFIRMATION TODAY

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# Evening

TODAY I HAVE...

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I AM GREATFUL FOR...

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I GO TO BED FEELING...

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TOMORROW I WISH TO...

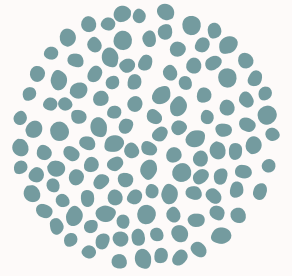
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# 5 minute journaling



ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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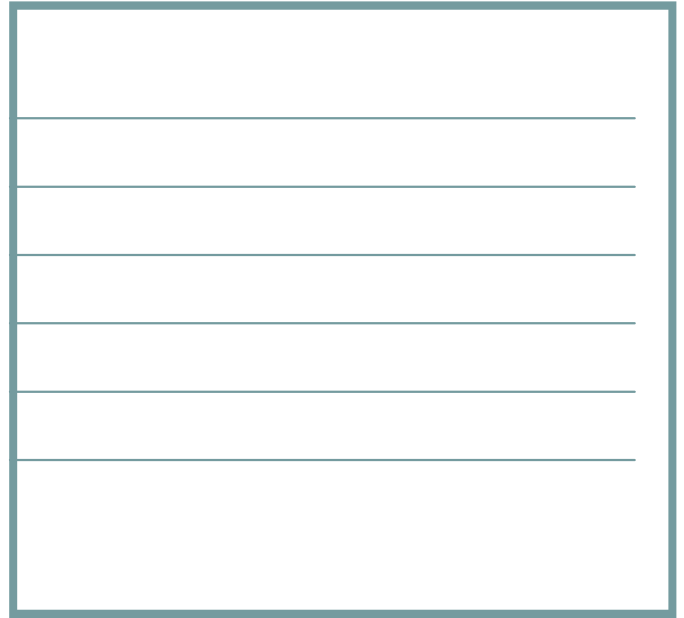
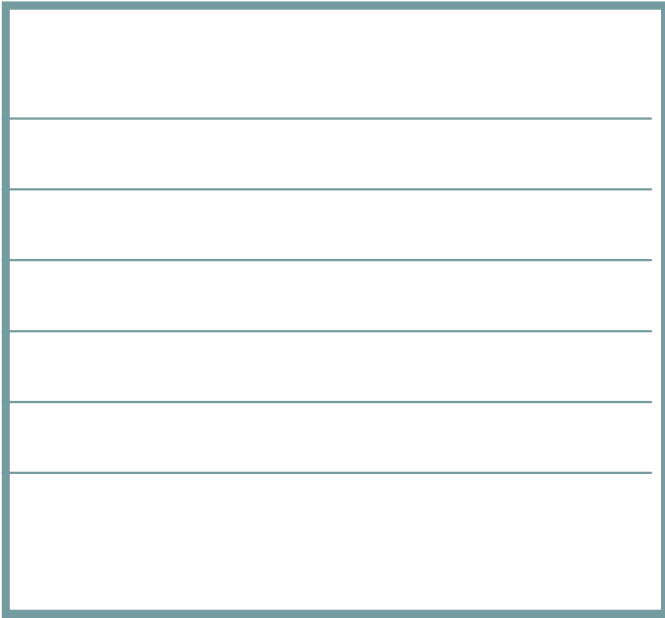
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# BRAIN DUMPING

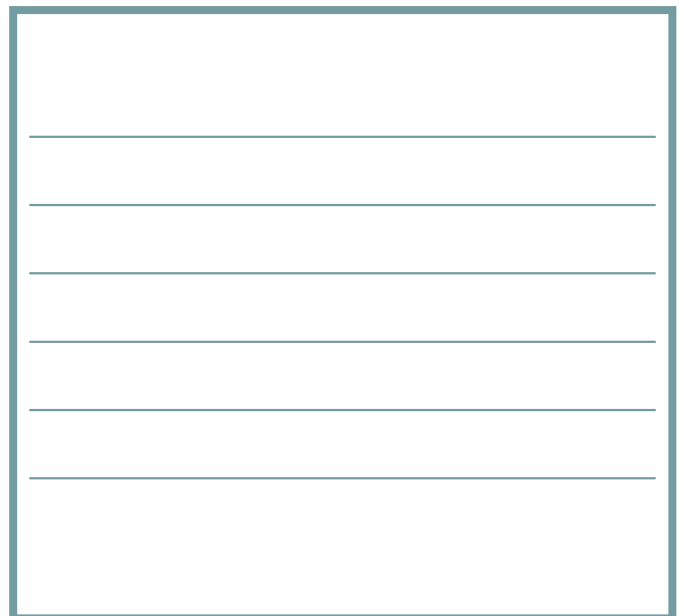
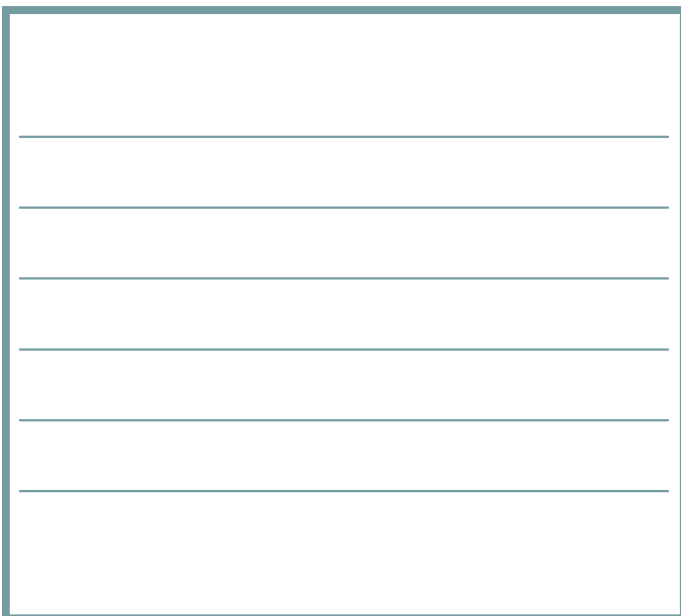
**Thoughts**

**Feelings**



**Fears**

**Goals**



# LEFT BEHIND

On this page write everything that is a burden to you

## My Fears


## My Shame


## My Worries


## My Negative Feelings




# Journal Pages

What would I be doing now in my dream life?

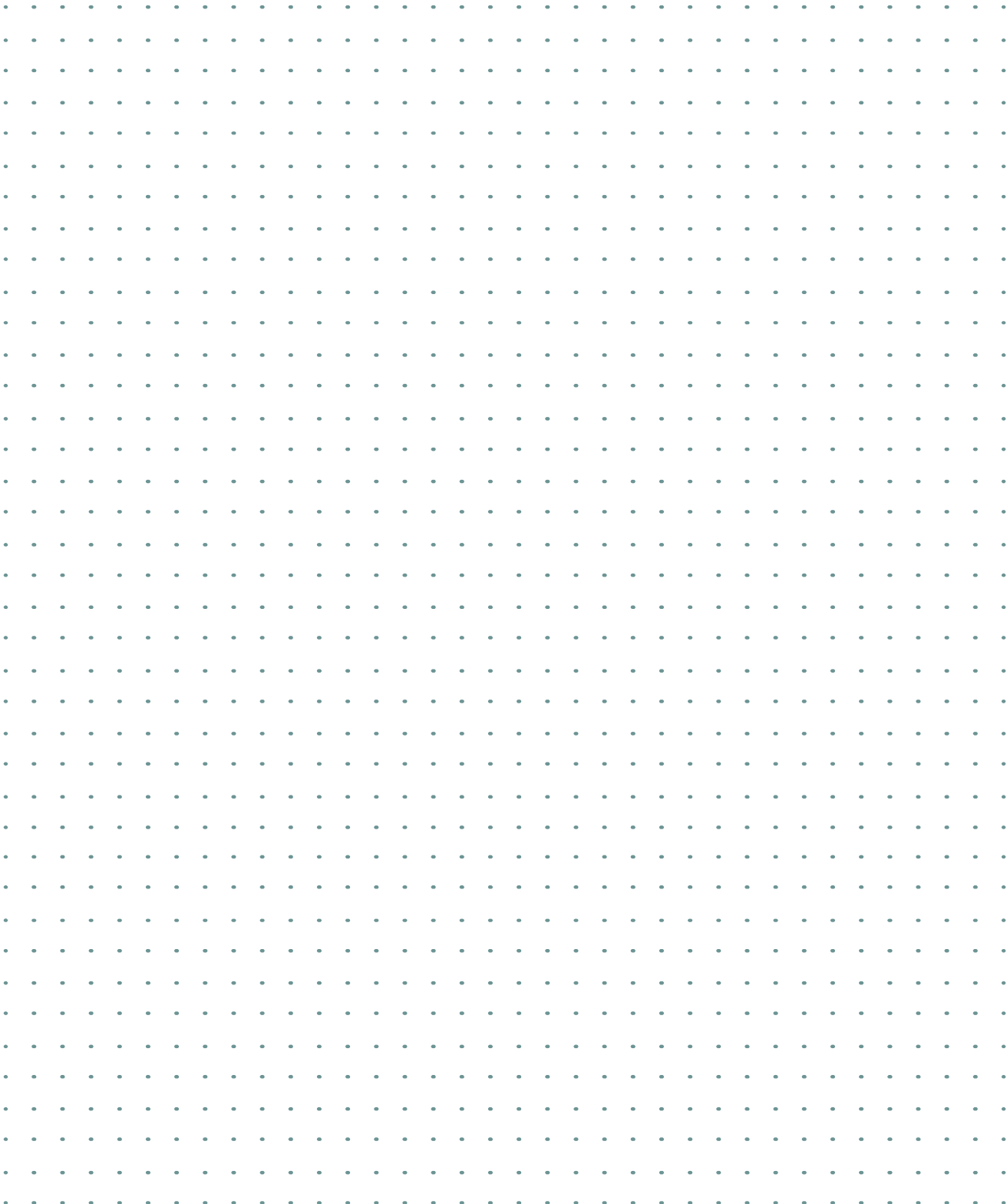
A large grid of small dots for journaling.

# *Journal Prompt*

How have I changed over the last year?

# Journal Pages

## Bullet Journaling



# Journal Pages

What I love most about myself

A large grid of small dots for journaling, consisting of 20 rows and 40 columns of dots.













# Journal Pages

What were you thinking about today?

A large teal thought bubble with a thick outline. Inside the bubble are five horizontal lines for writing. To the right of the bubble are two smaller teal circles of varying sizes, suggesting a trail of thought.

A second large teal thought bubble, identical in style to the first, with a thick outline and five horizontal lines for writing. To its left are two smaller teal circles of varying sizes, suggesting a trail of thought.

# *My Interests*

What activities do you love doing? List your top ten here.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.