

20 JOURNAL Created by Mae Olandesca PROMPTS



20 Journal Prompts



1

Today, I am feeling _____
because _____.

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2

The highlight of my day was _____, and it made me feel _____.

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3

One thing I love about myself is my
ability to _____ because
_____.

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4

If I could travel anywhere in the world right now, I would go to _____ because _____.

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5

The best part of my morning routine is
_____ because _____.

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6

I am proud of myself for
accomplishing _____ today, and it
taught me _____.

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7

A person who inspires me is

_____ because _____.

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8

My favorite way to relax is by

_____ because _____.

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9

If I had a superpower, I would choose _____ because _____.

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10

A quote that resonates with me is
_____ because _____.

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11

Something that always makes me smile is _____ because _____.

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12

A goal I am currently working towards is _____, and my plan to achieve it includes _____.

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13

The last book I read was _____,
and my favorite part was _____.

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14

A challenging situation I faced today was _____, and I handled it by _____.

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15

The song that always lifts my spirit is
_____ because _____.

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16

A skill I would love to develop is
_____ because _____.

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17

The place that holds the most positive memories for me is _____
because _____.

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18

If I could have dinner with any historical figure, I would choose _____ because _____.

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19

The best piece of advice I've ever received is _____ because _____.

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20

One thing I want to focus on improving in the coming week is _____, and I will start by _____.

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