

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?

Meaningful Journal Topics

Didier Musso



Meaningful Journal Topics:

Be Unique East House Publishing,2019-04-18 100 Therapeutic Journal Prompts to Ease Anxiety and Depression A Guided Prompt Anxiety Journal for a More Positive Outlook in Life Journaling has proven to be a tool to soothe the anxiety without medication for many people In this journal you ll find 100 therapeutic journal prompts for stress anxiety and or depression With the help of these prompts that invite you to be mindful and in the moment you ll have a chance to focus on the present and focus on the positive By answering the prompts you ll be focusing deep inside your psyche The writing prompts are carefully chosen to encourage you to ponder about the positive things in your life This journal can be a great self gift if you suffer from anxiety and or depression as well as everyday stress or you could gift it to someone you believe will benefit from Features 100 writing prompts 113 total pages You ll have some extra pages to write down your own prompts inspirational quotes goals etc Paperback soft cover for more portability Ideally sized at 6x 9 Five to ten minutes of journaling daily can make a huge difference in case you been holding back bottled up emotions Are you ready to start Discovering the new you Then scroll to the top of this page and click BUY NOW *Meaningful Online Learning* Nada Dabbagh,Rose M. Marra,Jane L. Howland,2018-08-15

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