



10 Journal Prompts to Use Any Day

Journal prompts allow us to ease into our inner reflection by giving us a specific question or topic to explore. Below are a few questions that I use to get my pen moving across the page.

- What's swirling in my today? What thoughts and feelings are most present for me?
- What is the weather inside my body, mind and heart? Is it calm or stormy? What is causing this weather?
- What are a few things that are nagging at me? Perhaps these are tasks left undone, projects I am procrastinating on, or conversations I am hesitant to have. Do a quick inventory of the things that are causing some drag in my engine at the moment.
- What do I really wish would begin to shift or change today or in the near future? What is an area of my life I would like to transform and what would I want it to transform into?
- What are the most important things I can do every day to feel more steady and contented? What's stopping me from attending to these things?
- What do I daydream about or imagine I could do if I had more time or money? How would these experiences make me feel? How could I begin to feel that way today, while I wait for my dreams to come true?
- What relationships am I valuing at the moment and how to I express this value with my time and attention? Where can I see room for improvement?
- When was a recent time I felt really joyful or in flow? What had me feeling so at ease and so light? How can I create more of that?
- How would I live my life today, or tomorrow, if my goal was to feel satisfied, happy and connected? What would I add or take away from my schedules and commitments?
- What does my body and soul crave more of? Solitude, rest, time outside, laughter, connection? How I begin to orient my life so that feeling good was one of my top priorities?

