

A minimalist desk with a lamp, books, and a cup. The background is a soft, neutral-toned room with a wooden desk and a chair. A black lamp with a white globe is on the left. In the center, there are some books and a small jar. On the right, there is a white cup. The overall aesthetic is clean and modern.

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Journal
Prompts
for
Beginners

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There's no specific sequence to these questions. Pick whatever resonates with you and let your thoughts flow. Sometimes when I struggle to get any words out, I start putting down whatever comes to my mind using bullet points, even if it is not in an ordered manner.

- 1) How are you feeling right now/today?
- 2) What are you most afraid of? Why?
- 3) What are your top three goals for the next 12 months?
- 4) Is there something in your life that you can let go of?
- 5) What do you need more of in your life?
- 6) What sets your soul on fire?
- 7) What did you do well last week/month?
- 8) How are you similar to and different from your parents?
- 9) Would your 15-year-old self be proud of you?
- 10) What are you most unhappy about in your life?
- 11) Do you truly feel you are living up to your true potential?
- 12) What are three negative mindsets that you can let go of?
- 13) What are you really good at?
- 14) How would your best friend/partner describe you?
- 15) What made you laugh today?
- 16) What did you do today to improve your life?
- 17) How do you feel about your body? Is it a cause of anxiety or pride for you?
- 18) How have you changed in the last 3 years?
- 19) Is there something about your current routine that you would like to change?
- 20) What have you learnt about relationships from your parents, good or bad?
- 21) Do you feel that the people you spend time with most during the day uplift you?
- 22) Is there any specific skill you wish you could learn? Why?
- 23) What are the 5 things you wish you knew before you ____? (use any major milestone for the blank)
- 24) Does your home feel like your haven? Is there something about it that you would change?
- 25) Is there anything going on in your life that is making you anxious right now?
- 26) What was your schedule today?
- 27) What is the kindest thing anyone has ever done for you?
- 28) What is your happiest memory from the last year?
- 29) Are there any lies you are repeating to yourself?
- 30) What does your ideal day look like? How far or close is your current daily life from that?
- 31) What is the greatest challenge in your life right now?
- 32) Imagine you're celebrating your 75th birthday. When you look back on your life, what do you see?
- 33) Make a list of 100 dreams that you have, and you want to fulfill.
- 34) Are you holding back from yourself?
- 35) Did you do anything to make someone smile today?

THANK YOU

Thank you for signing up and downloading this prompts book!

GOOD LUCK!

Wishing you all the very best in your self-discovery journey!

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