



Daily Journal Prompts

“Journal writing is a ritual for transformation.”

Use these prompts to help guide your daily practice.

HEALING

1. Describe an experience or challenge you are ready to release today. How will you find closure?
2. How does holding onto the thoughts of jealousy or comparison negatively impact your daily life?
3. Is there someone you need to forgive? Why? How will you forgive them?
4. Is there anything you need to forgive yourself for?
5. Being ready is an action, not a feeling. How will you continue to act as though you are ready for this journey?
6. Describe yourself in ten positive ways.
7. I'm ready to move forward with my life because I deserve _____.
8. If my best friend were going through the same challenges I would tell them _____.
9. I can't change the past, or control _____, but I choose to _____.
10. How high is my stress level out of 10 right now? If high, what can I do to manage it? If low, what have I been doing to contribute to my calm?

SELF-LOVE

1. List 3 of your strengths and how they positively impact others.
2. Smile at yourself in the mirror for 1 minute. Then, with compassion, list 3 things you love about yourself.
3. What is one thing you'll do this week that's solely for you? Why will this benefit you?
4. How does making time for yourself feel?
5. Write 3 positive and loving things about your least favourite quality/body part.
6. What is something you're proud of yourself for?
7. What were you most passionate about as a child? What are you most passionate about now? Can you see a connection?
8. Write 3 steps you could start doing today to improve your overall happiness.
9. What positive impact do you hope to have on those around you?
10. What does unconditional self-love mean and look like to you? What does this mean for how you think of yourself?
11. When do you feel most confident? How can you channel this feeling in your day to day life?
12. What steps will you take towards showing more compassion and love towards yourself?
13. How do you express love and appreciation towards others? How do you express love and appreciation towards yourself?
14. How often do you practice self-care? What does your self-care routine entail?
15. How has your identity changed in the last 5 years for the better?
16. How would I rate my self-love and self-worth out of 10 right now? If low, what can I do to manage it? If high, what have I been doing to contribute to my calm?

GRATITUDE

1. List 10 things you're grateful for today.
2. I am grateful for my body because _____.
3. Describe a lesson you're grateful you learned.
4. Describe a time when not getting what you wanted worked out for the better.
5. Describe something unique to yourself you've grown to appreciate.
6. If you could give advice to your younger self, what would you say?
7. What do you need more of in your life? What do you have enough of?
8. How would I rate my happiness with my life out of 10 right now? If low, what can I do to increase it? If high, what am I grateful for that is contributing to my happiness?

LIMITING BELIEFS

1. What is a limiting belief you can catch right now? Find 3 pieces of evidence to prove it is wrong. Recreate your thoughts. Eg: I cannot lose this weight. This is incorrect because I have done it before, my body is no different to other humans who lose weight, it is science. I am working hard and am dedicated to becoming a healthier version of myself.
2. What do/could you tell yourself when negative self thoughts arise?
3. Describe a moment you did something out of your comfort zone. How did you feel before/during/after being out of your comfort zone?
4. I Believe I am incapable because _____, but I can build belief in myself by_____.
5. I will no longer believe that _____.
6. I am capable of anything I want to achieve. Only I can give my power away by making excuses. How am I currently giving my power away?

MANIFESTING

1. Find 3 accomplishments you're proud of.
2. If I had a genie in a bottle and I could have anything, it would be to _____.
3. What does your ideal day look like? Describe it in chronological order; who's there, what do you do, how do you feel?
4. If you had your dream body and your dream health, how would you feel?
5. What distractions are hindering your progress or productivity? How can you combat these?
6. What is one thing you can do today that aligns with your goals? What re 3 things you can do this week?
7. If you knew you couldn't fail, what would you try?
8. If I had my ideal life and ideal health, how would I act differently? How can I act like this future version of myself now?
9. Doing the same thing but expecting a different result is insanity. What have you been doing to achieve a desired result that has failed in the past?
10. Write down your top 5 personal goals for the end of the year and why you need them.
11. Write down your top 5 health goals for the end of the year and why you need to achieve them.

"You are 42% more likely to achieve your goals if you use the practice of journaling."