

Journaling Prompts

As a gift to you, we've included 52 journaling prompts below. One for every week of next year, yes, but you needn't worry over structure.

Write when you can, where you can. Waiting for your deli meat. While the kettle is on. In bed, in the woods, in the swirling swish of the car wash.

Just write.

1. What's the last random act of kindness I witnessed?
2. The words I'd like to live by are...
3. What do I need to ask for right now?
4. What is enough for me?
5. What would my ideal day look like?
6. My favorite body part is...
7. What would I like forgiveness for?

8. What makes me feel calm?
9. What would I like to say no to?
10. Write a letter to a parental figure in your life.
11. What are three things I'd tell my younger self?
12. What are the words I most need to hear today?
13. What has most surprised me about life?
14. What is something I can let go of?
15. What would I write in a letter to a beloved child on how to find happiness?
16. What brings tears to my eyes?
17. I couldn't imagine living without...
18. What am I most looking forward to right now?
19. What would I like to say yes to?
20. What can I do today that I couldn't do last year?

21. What is a reality I need to accept right now?
22. How can I better advocate for myself today?
23. What makes me feel powerful?
24. What boundaries can I set this week?
25. How can I challenge myself today?
26. What are my greatest strengths?
27. Name 10 things you love about your life.
28. What is my biggest, most audacious dream?
29. What is my happiest memory?
30. Where do I feel the safest?
31. What would I like to be remembered for?
32. What current situation can I positively reframe?
33. What went right this week?
34. How can I lift someone's spirits today?

35. What makes me laugh?
36. What skill am I most proud of?
37. What is worth focusing on today? What isn't?
38. What is something I have the power to change?
39. What privilege do I often take for granted?
40. What is a new habit I'd like to establish?
41. How can I be kinder to myself today?
42. How can I reassess my expectations to invite peace into my day?
43. What makes me feel loved?
44. What activities give me energy?
45. What thought patterns have I noticed lately?
46. What are my deepest values?
47. How would I like to carry myself today?
48. What makes me unique?

49. What is my most treasured possession? Why?

50. What can I control today?

51. I'm learning lately...

52. How can I serve my loved ones today?