

10 Journal Prompts

1. What are you grateful for?
2. What makes you feel proud?
3. What makes you feel afraid?
4. What excites you about the future?
5. What things, people, or places inspire you?
6. What are your goals for the next 12 months?
7. What are your favorite ways to relax?
8. What is your ideal morning routine?
9. What are some new things you want to try?
10. How do you picture your life in 5 years?

+ Why Journaling is
Important for Self Care

10 Journal Prompts

L Cohen



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