

100 SELF-CARE JOURNAL PROMPTS

FREE PDF PRINTABLE!

- What is your favorite book of all time and why?
- Write down your top 5 favorite inspirational quotes.
- Describe your perfect morning.
- Imagine you're on a relaxing walk on a perfect warm day and describe every detail.
- Journal 10 beauty self-care ideas to try.
- List 10 new books to read.
- Write down your top 10 travel destinations.
- Describe your perfect beach day.
- If you could act in any movie, what character would you like to play and why?
- Journal the qualities you love best about yourself.
- Journal what you love most about your closest friend or family member.
- Describe the perfect smorgasbord.
- Write a list of your top 10 most exciting moments in your life.
- Brainstorm 10 new exciting ideas you might want to try- this could be as simple as a new hairstyle or as daring as skydiving!
- List 10 things you love about your body.
- Write about the 5 most beautiful moments you've ever witnessed.

100 Journal Topics

Padhraic Smyth



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