

Journal Prompts

- What is something I want to start doing in order to take better care of myself?
- What are my financial goals for this year?
- How is my work/life balance right now, and how can I improve it?
- Have I been in total control of my emotions lately? A situation that I could have handled better or differently is...
- Are the places I go and the people I hang around helping or hindering me and my growth?
- What is my connection with God like right now?
- Am I happy with my job and where I'm at with my career and/or business?
- What is something that I'm interested in that I would like to learn more about? Why?
- One person in my life that I am truly grateful for is...Because...
- What is a bad habit that I need to work on and why?
- A Limiting belief that I have that may be holding me back is...
- One thing that I am committed to getting better at is...
- In 5 years I see myself...

According to thrive.kaiserpermanente.org, journaling can help you achieve goals, track progress and growth, gain self-confidence, improve writing and communication skills, reduce stress and anxiety, help you find inspiration, and strengthens your memory!

