

My Journal Prompts

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- What do I love about myself
- What makes me unique
- Am I intentionally practicing self love
- One thing I'm grateful for
- Goals for this month
- My accomplishments of last month
- What is the best part of my day
- What was the least favorite part of my day
- I want to improve this about myself
- What do I love about my family
- One thing our family can improve
- I love my life because
- My biggest stressor right now
- What is my biggest worry
- I fear this the most
- What makes me feel safe
- My favorite form of self care
- Am I making time for myself
- I'm a good person because
- One thing I would like to improve about myself
- How would I describe myself to someone
- I'm a good mom because
- How can I be a better mom
- One way I can improve with my relationship with my kids
- I'm a good wife because
- How can I be a better wife
- I can communicate better by
- What is my love language
- What are my kids' love languages
- What is my husband's love language
- How can I improve my kids' self confidence
- I would like to make more time for
- How can I improve my health
- A compliment that made me smile
- A harsh comment that hurt me
- One goal for this week
- What do I look forward to this week
- How can I improve my family's financial position
- I'm a good mom because
- My kids are happy because
- I am happy because
- What habit would I like to develop
- A habit that I would like to stop
- What motivates me
- I'm proud of
- Am I confident
- How can I improve my self confidence
- Am I patient?
- Am I kind to myself
- What makes me feel at peace
- When last did I cry
- Am I living the life I imagined?