

My favorite journal prompts!

- 1. What is something you are looking forward to?**
- 2. What have you been given that you are grateful for?**
- 3. What did you accomplish today and how does that make you feel?**
- 4. What do you like about your job?**
- 5. List 5 places you want to visit and why.**
- 6. Find a picture in your phone that you are grateful for. Why are you grateful for that picture?**
- 7. What is going on in my life right now?**
- 8. What would make me happy right now?**
- 9. What are 5 things I absolutely love about myself without a doubt?**
- 10. What are 3 things in your life that scare you and why?**
- 11. Write about a difficult time in your life and how you overcame it.**
- 12. What area of your life do you tend to enjoy in excess rather than in moderation?**
- 13. Look around you right now. What is wrong with this picture?**
- 14. If I didn't have anxiety, how would my life be different?**
- 15. What made you angry recently?**