

10 JOURNAL PROMPTS TO SPARK SELF-REFLECTION



Instead of trying to fix or improve things, what are three things about yourself or your life that you can decide to accept exactly as they are? How does this shift your stress level?

Not everyone has an easy time being positive, and it can be especially hard if you're already not feeling in a great place mentally. So, rather than listing things you're thankful for, jot down some things you don't have... and are glad you don't have or have to deal with! Was this an easier way for you to think? Does this help you see things differently?

If you had the chance to adjust three things about the upcoming day to make it great, what would they be? What are the reasons for your choices? What steps can you take now to make them a reality tomorrow?

For every bad thing happening in the world right now, people are out there working to make things better. Now, challenge yourself to find at least one positive effort, breakthrough, or solution happening around something that upsets you.

We all feel stuck sometimes. What is one aspect of your life that feels like you're running in place? Is there something that you're waiting to happen to change things? What's one small action you can take—no matter how insignificant—that could open a path forward?

What's something you do that makes you feel bad about yourself (procrastination, overthinking, isolation, etc.)? Now, think about what the complete opposite action is. What would happen if you tried it for a day?

When was a time when you felt completely recharged and refreshed? What were you doing? Who were you with (or were you alone)? Are there little things about that time that you can bring into your life more often?

Write down five cool things you've already done that made you feel happy or peaceful—or, in other words, things you've already knocked off your "bucket list." What was it about these things that made you feel good, and how can you work that into your day-to-day life?

We can usually think of things we want to change in our lives pretty easily, and sometimes, they feel too big to take on. It's important to remind ourselves that we can do difficult things. What's something you used to struggle with that you don't struggle with anymore? Have you rewarded yourself for your success? If not, what can you do to celebrate?

Think of a time when someone's kindness, courage, or optimism gave you hope... now flip it: What if you were already someone else's sign of hope without realizing it? What do you think you did to inspire that person?