

Journal Prompts



Morning journal - Setting Intentions for the day

1. Write down 3 things that you are grateful for
2. How do you feel this morning?
3. What would you like to manifest today?

Evening journal - Reflecting on your day

1. How do I feel this evening?
2. What went well for me today?
3. What could I have improved today?

- It is a good idea to write short answers to begin as you are starting to journal for the first time.
- You can take 5-10 minutes in the morning and evening to write your answers.
- Once you feel more comfortable with journalling you can take 10-20 minutes and you can write longer answers.

It is a new habit that you are creating so it is recommended that you start small but everyday and then you can build up a longer habit as you continue.

I hope you enjoy these journal prompts. They are simple to begin with but the idea is to get you thinking more about yourself, your feelings, and internal dialogue. With time, you will become more intentional with your thoughts and will understand yourself better!



Enjoy!

Michelle