

Journaling Prompts

“Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world.” - Eleanor Roosevelt

A journal is a safe place for you to work through your feelings, without judgments or criticism. It can serve as a confidant and guide.

Research shows that expressing your feelings on paper helps reduce your stress levels.

You start exploring your feelings by writing them in your journal. It may be the pain of disappointment, loss, grief – anything that hurts you.

Writing about your pain may bring tears. This is a sign that you’ve hit a turning point and that continuing to write will help you open your heart and heal your wounds.

Many of us have learned to swallow our pain. Practicing journal writing consistently will help undo the self-censorship habit.

1. Connect With Yourself

Here are 15 prompts, questions and ideas to explore in your journal to connect with yourself better.

1. If I could talk to my younger self, I would say ...
2. 10 Things that make me smile are...
3. The values I'd like to live by are...
4. I can't imagine living without...
5. For me self-love means...
6. What I love most about life is...
7. When I'm in pain – physical or emotional – the kindest thing I can do for myself is...
8. I feel most energized when...
9. I feel most in tune with myself when...
10. If my body could talk, it would say...
11. What I can learn from my biggest mistakes is...
12. I feel happiest in my skin when...
13. Things I would like to say no to are...
14. Things I would like to say yes to are...
15. Words I need to hear at this time are...

1. Clarify What's Important In Your Life

To figure out what you value, you need to think about what you want out of your life.

In your journal, try answering the following questions:

Environment:

Do you take time to appreciate and enjoy nature?

How do you see yourself in relation to living creatures and plants?

How can you minimize your carbon footprint?

Work:

How do you define work?

Are you satisfied at work? What can you do to change your work life?

Is your work helping others?

If you don't see your work as meaningful to you, can you think of a different type of work that would feel more meaningful?

Spirituality:

What, if any, are your spiritual beliefs?

Are you living a life that is compatible with your spirituality?

How do these beliefs impact the way you live your life?

What changes can you make to your life to make it more compatible with your spiritual beliefs?

Charity:

Do you spend as much time helping others as you'd like?

How can you be more charitable with yourself?

Community:

What does being a member of your community mean to you?

Do you contribute to your community?

Do you want to make changes based on these thoughts?

Relationships:

How do you show concern for the people you care about?

Do your close relationships help you or hurt you?

Are you doing anything to bring loved ones closer to you?

Family:

How do you define family?

Are you holding onto anger about your childhood?

Do you see value in being close to your family?

Creativity:

What does creativity mean to you?

Do you have ways in which you can express your creativity?

Are you satisfied with the place creativity has in your life? If not, how can you change that?

Growth:

What value do you place on life-long learning?

Are you taking advantage of opportunities that evolve?

What do you want to do differently now that you've thought about learning?

Entertainment:

What do you like to do for fun?

Do you spend enough time doing things you enjoy?

Do you value recreation for the positive effects it can have on your mood and your life?

Finances:

Do you have problems with overspending?

Are you saving for saving for an emergency?

Do you have needs that aren't being met financially?

Can you do something now or in the near future to help your situation?

Health:

Do you spend enough time and energy fostering good health?

Do you exercise, sleep, and eat right?

Do you have an addiction that impacts your health?

Appearance:

Do you like the way you look?

How important is appearance to you?

Is the appearance of your friends important to you?

You:

What do you like about yourself?

Do characteristics do you value most?

What do you dislike about yourself?

Is external approval critical to your happiness?

List of possible positive characteristics and values

Appreciation of others · Artistic ability · Awareness of environment ·
Assertiveness · Balance · Being part of a community · Being in a team ·
Capacity to change and develop · Chilling out · Collaborating with others ·
Connecting with people · Creativity · Excitement · Financial management ·
Family commitment · Freedom · Friendship · Fun · Generosity · Helping
others · Honesty · Honour · Humour · Independence · Individuality ·
Intelligence · Integrity · Intimacy · Kindness · Learning from experience ·
Looking after myself · Love · Musical ability · Networking · Not taking
myself too seriously · Organizational skills · Physical health · Physical
fitness · Relaxed approach and attitude · Reliability · Religious lifestyle ·
Risk-taking · Self-awareness · Self-expression · Sensuality · Sexuality ·
Sharing · Solitude · Social conscience · Standing up for rights · Spirituality ·
Stability · Success · Understanding