

Evening Journal Prompts

1. How does your body feel right now?

2. What has been causing you to experience the most stress lately?

3. What difficult thoughts or emotions came up most frequently lately?

4. What parts of daily life has been causing anxiety or sadness? What can you do to change those experiences?

5. What was the biggest challenge you faced today?

6. What go-to coping strategies have you been using lately to get through moments of emotional or physical pain?

7. Describe your favorite thing to do when feeling low.

8. What keeps you from experiencing peace?

9. What are you doing to practice self-care currently?

10. What's your favorite way to relax?

11. What would your ideal day look like?

12. List three things that you want to add to your daily routine.

13. List three things that you want to eliminate from your daily routine.

14. What distractions are hindering your productivity? How can you reduce them?

15. What do you need more of in your life?

16. What do you need less of in your life?

17. Describe a challenge you've overcome lately. How did overcoming this challenge make you stronger?

18. What aspects of your life are you most grateful for?

19. Set a 5 minute timer and write down whatever comes to your mind.

20. What's the one thing you're most looking forward to tomorrow?

21. What can you do tomorrow to move you closer to your goals?
