

## Night Journal Prompts

1. What's on your mind right now?

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2. How do you feel right now? Where do you feel it in your body?

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3. What was the most prominent emotion you felt today? What triggered that emotion?

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4. What was the best part of today?

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5. What went right today? What went wrong?

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6. What was the biggest challenge of today? Why?

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7. How would you describe your day using one word?

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8. What did you do or accomplish today that you're proud of?

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9. Did you feel genuine connection today? If so, with who?

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10. What are you worried about right now? What would you tell a dear friend who has the same worries?

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11. What's one thing that's causing you stress lately?

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12. What's one thing you need to let go of?

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13. What's one thing you need to do more of? Less of?

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14. What do you feel grateful for right now?

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15. How helpful or harmful is your current evening routine? What can you do to tweak it so it's more helpful to get quality sleep?

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16. What's the most important/difficult thing you have to do tomorrow? How can you make sure it gets done?

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17. In general, how are you feeling about tomorrow?

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18. What does "living a fulfilling life" mean to you?

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19. What area of your life do you feel the most fulfilled? What area of your life do you feel least fulfilled? Why?

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20. What are your top goals right now? Are you actively working toward them? If not, why?

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21. What fills you with joy most?

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22. What makes you feel better after a bad day?

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23. What's something in the near future that you're looking forward to?

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24. How would you rate the current state of your mental health on a scale of one to ten? What can you do to improve it?

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25. What's a lesson you can take away from today?

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