

Birthday Journaling Prompts

1. How was your day today?

2. How does it feel to be the age you currently are?

3. What does growing older mean to you?

4. How can you celebrate yourself today?

5. What do you want to be remembered for?

6. Where do you see yourself five years from now?

7. Write about your top three goals.

8. What excites you about the future?

9. What makes YOU unique?

10. What brings you joy?

11. What is one thing no one knows about you?

12. What scares you most?

13. What is something you would love to learn how to do?

14. What do you feel grateful for most right now?

15. What was one of the greatest life lessons you've ever learned?

16. What makes you feel at peace?

17. How do you recharge?

18. How do you advocate for yourself?

19. What's one mistake that you need to forgive yourself for?

20. How do you ask for help or support when you need it?

21. How do you embrace your authentic self?

22. What do you wish others knew about you?

23. Describe your dream life.

24. What would you do today if you loved yourself?

25. What would you do if you knew you could not fail?
