

May Journal Prompts For Adults

1. What are you most looking forward to this month?

2. How can you take care of yourself when you are stressed?

3. Make a gratitude list with 3-5 things you're grateful for today.

4. What puts a smile on your face?

5. What are your strengths in relationships (kindness, empathy, etc.)?

6. What boundaries could you set in your relationships to maintain well-being?

7. What about your work feels real, necessary, or important to you?

8. Do you see yourself in the same job in 5 years?

9. What's the best thing that happened to you this month for far?

10. What helps you stay motivated when you feel discouraged?

11. How do you want to make more time for?

12. What do you need more of in your life? How can your work toward that?

13. Write a love letter to yourself and include all the comforting things you need to hear.

14. What are your negative thoughts at this moment? What would you say to a friend with the same thoughts?

15. What are 5 things worth living for?

16. What do you wish someone had told you about life?

17. What do you wish someone had told you about love?

18. What makes you feel safe and why?

19. Who is someone you look up to and why?

20. What have you learned to say no to?

21. What have you learned to say yes to?

22. If you could change just one thing about yourself, what would it be?
How do you think your life would be better?

23. Is there someone that you have not fully forgiven? How might you forgive them?

24. When you are having a tough day, what helps you cope?

25. What are three of your long term goals?

26. What are three of your short term goals?

27. What are the things you could do today to start moving towards your goals?

28. What are some things that give your life meaning?

29. What are the values or principles that you live your life by?

30. What are your strengths and weaknesses?

31. What are three good things about this month?
