

Morning Journal Prompts

1. What emotions are you experiencing? Where do you feel them in your body?

2. How do you want to feel today? What can you do make that happen?

3. What are you looking forward to today?

4. What or who do you want to make time for today?

5. What are your top 3 goals for today? How can you increase your chances of achieving those goals?

6. What are some habits that can increase your productivity?

7. What are some practices or habits that can boost your mood?

8. What do you need to let go of to feel more positive?

9. Are you pursuing what you want? If not, what is holding you back?

10. What limiting beliefs do you have about yourself? How can you challenge those beliefs? What would you tell a friend who has the same beliefs?

11. What are three accomplishments in the past month that you feel proud of?

12. What challenge from the past has made you stronger?

13. What are some valuable lessons that you've learned recently?

14. How can you practice self-care today?

15. What activities did you enjoy in the past?

16. What positive affirmations can help you feel more positive right now?

17. How can you show someone in your life you care about them?

18. What are three things that you feel grateful for right now?

19. What do you need to forgive yourself for? How can this help you move forward in your life?

20. How do you want to feel when you go to bed tonight?
