

5 minute journaling

DATE \_\_\_\_\_

Lined area for journaling with 20 horizontal lines.



## Journaling prompts

- How do you feel right now?
- What's been on your mind lately?
- How can you be more compassionate with yourself?
- Did you accomplish what you wanted today? If not, what's left unaccomplished? What do you want to accomplish tomorrow?
- What made you smile today?
- What do you feel grateful for today?
- What makes you feel alive?
- What makes you feel loved?
- What soothes you most?
- What makes you feel confident?
- What words or phrases trigger you?
- What are your fears?
- What are you good at?
- What motivates you to get out of bed every day?
- What legacy do you want to leave behind?
- Is what you're doing right now moving you closer to your goals?
- What can you do to move closer to your ideal life?

- Are your decisions aligned with your values?
- What did you want to be when you grew up?
- When do you feel most fulfilled?
- What contributes to your overall well-being?
- What do you want to accomplish?
- What makes you happiest?
- What are you afraid to share about yourself?

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