

# Journal Prompts

Pick one prompt a day and journal about your experiences and thoughts. Try recording how this practice of mindfulness has affected your day to day life.

Status	Prompts
<input type="checkbox"/>	Who is a person in your life you are grateful for?
<input type="checkbox"/>	Describe a space or room in your home that makes you happy.
<input type="checkbox"/>	Share a song or quote that lifts you up and makes you smile.
<input type="checkbox"/>	What is something you're looking forward to?
<input type="checkbox"/>	What is something you're loving reading or listening to?
<input type="checkbox"/>	Write down your favorite part of the day.
<input type="checkbox"/>	List the best three things you've eaten this week.
<input type="checkbox"/>	What is something or someone you're proud of?
<input type="checkbox"/>	Name something beautiful outside your window.
<input type="checkbox"/>	What is something you like about yourself?
<input type="checkbox"/>	Name a tradition you love and look forward to every year.
<input type="checkbox"/>	What is one of your strengths?
<input type="checkbox"/>	Name someone who loves you.
<input type="checkbox"/>	Write down something that made you laugh recently.
<input type="checkbox"/>	What is your favorite season and why?
<input type="checkbox"/>	What is something you wished for years ago that you have today?
<input type="checkbox"/>	What is something you wished for years ago that you have today?
<input type="checkbox"/>	Name your favorite experience in the past year.
<input type="checkbox"/>	Share something you're proud of or a time when you were brave.
<input type="checkbox"/>	What is something new you've learned to do recently?

<input type="checkbox"/>	Who is a person that is always kind to you?
<input type="checkbox"/>	Name one thing you like about your body or appearance.
<input type="checkbox"/>	Who is the last person to do you a favor or help you out somehow?
<input type="checkbox"/>	Share a favorite memory from your childhood.
<input type="checkbox"/>	What is one good thing about where you live?
<input type="checkbox"/>	Describe a favorite smell that always makes you smile. What about a sound, sight, or sensation?
<input type="checkbox"/>	Name an item or food that brings you comfort.
<input type="checkbox"/>	Where is your favorite place in the world?
<input type="checkbox"/>	Describe something weird or random that brings you joy.
<input type="checkbox"/>	What is your favorite social media platform? Your favorite account or friend?
<input type="checkbox"/>	Describe the last time you truly felt at peace.