

5 minute journaling

DATE _____

[illegible]

5 minute journaling

[illegible]

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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