

30 Days of Journal Prompts

Day 1: What values do you consider most important in life? (honesty, loyalty, justice, integrity, creativity, etc.)

Day 2: What three changes can you make to live according to your personal values?

Day 3: Describe yourself using the first 10 words that come to mind. Then make a list of 10 words that you would LIKE to have used to describe you. What changes can you make to embody the second list?

Day 4: What do you appreciate most about your personality? What areas do you wish you could change?

Day 5: How do you use your personal strengths and abilities in your work?

Day 6: How does your work fulfill you? Does it leave you wishing for more?

Day 7: Describe one or two significant life events that helped shape you into who you are today.

Day 8: Describe a choice you regret. What did you learn from it?

Day 9: What are three self-defeating thoughts that show up in your self-talk? How can you reframe them to be more encouraging?

Day 10: What's your go-to coping strategy to help you get through difficult moments?

Day 11: What do you fear most? Have your fears changed as you have gotten older?

Day 12: What three ordinary things bring you the most joy?

Day 13: Write about your favorite childhood toy.

Day 14: What do you like most to do? How does it make you feel?

Day 15: In what areas are you optimistic, and in what areas are you pessimistic?

Day 16: Who is someone you miss?

Day 17: What is your favorite season, color, place, or food? Describe it in as much detail as possible.

Day 18: Write about a person who always makes you laugh.

Day 19: What guilty pleasure are you secretly grateful for?

Day 20: Who served as a mentor to you (whether they knew it or not)?

Day 21: What is your “happy place”?

Day 22: What adversity are you grateful for?

Day 23: How have you grown in the last year?

Day 24: Where do you show leadership?

Day 25: What expectations do others have of you that you wish they didn't?

Day 26: Create a schedule for your dream life.

Day 27: If you could spend 12 hours doing anything you want, anywhere you want, how would you spend them?

Day 28: Has there ever been a time you were on a path and something happened that completely shifted your trajectory?

Day 29: How could you add more PLAY to your life?

Day 30: What is something you have always wanted to try but never have?