

JOURNAL PROMPTS

Journaling Starters

For when you open your journal and nothing comes.

What's one ordinary thing about today I could write about right now?



What thoughts have been rattling around that I could give a place to land?



What belief or intention would feel more real if I wrote it down today?



What could I write about in just five minutes today?



What am I really feeling underneath today's noise?



What small moment from this week do I want to remember?



What is true for me in this exact moment?



What's been on my mind that needs a home outside my head?



What do I need to say today without being interrupted or judged?



What have I learned about myself from my own writing?



Journaling Starters

CUT ALONG THE DASHED LINES

NO. 1



What's one ordinary thing about today I could write about right now?

NO. 2



What thoughts have been rattling around that I could give a place to land?

NO. 3



What belief or intention would feel more real if I wrote it down today?

NO. 4



What could I write about in just five minutes today?

NO. 5



What am I really feeling underneath today's noise?

NO. 6



What small moment from this week do I want to remember?

NO. 7



What is true for me in this exact moment?

NO. 8



What's been on my mind that needs a home outside my head?

NO. 9



What do I need to say today without being interrupted or judged?

NO. 10



What have I learned about myself from my own writing?

