JOURNAL PROMPTS

Small Good Things

The good stuff is there. Look for it.

What moments do I want to remember?

What currently feels peaceful to me?

What's something beautiful I noticed today?

What parts of my life deserve more appreciation?

What's something I'm grateful for that I usually overlook?

What helps me feel present?

What simple things make me happiest?

What's something good that happened this week?

What relationships bring light into my life?

What kind of life moments do I want more of?

Small Good Things

CUT ALONG THE DASHED LINES

NO. 1



What moments do I want to remember?

NO. 2



What currently feels peaceful to me?

NO. 3



What's something beautiful I noticed today?

NO. 4



What parts of my life deserve more appreciation?

NO. 5



What's something I'm grateful for that I usually overlook?

NO. 6



What helps me feel present?

NO. 7



What simple things make me happiest?

NO. 8



What's something good that happened this week?

NO. 9



What relationships bring light into my life?

NO. 10



What kind of life moments do I want more of?

