



Blank Page Rescue

30 JOURNAL PROMPTS

for when you don't know what to write

CHOOSE ONE PROMPT. SET A TIMER FOR FIVE MINUTES.
KEEP YOUR PEN MOVING UNTIL THE TIMER ENDS

QUIET YOUR MIND

- 1 What's been taking up the most space in my mind lately?
- 2 What thought keeps coming back today?
- 3 What do I wish I could stop worrying about?
- 4 What feels heavier than it needs to?
- 5 What would I tell a friend feeling this way?

REFLECT

- 1 What's something that made me smile today?
- 2 What challenged me?
- 3 What surprised me?
- 4 What lesson am I learning right now?
- 5 What am I proud of today?

DREAM BIGGER

- 1 If fear isn't an issue, what would I do?
- 2 What kind of life am trying to build?
- 3 What do I want more of?
- 4 What feels aligned with who I'm becoming?
- 5 What's something I've been putting off that deserves another chance?

CHECK IN WITH YOURSELF

- 1 How am I really feeling today?
- 2 What does my body need from me?
- 3 What energized me today?
- 4 What drained me today?
- 5 What's one emotion I haven't acknowledged yet??

MOVE FORWARD

- 1 What's one thing I can't let go of?
- 2 What's one thing I can do today that Future Me will appreciate?
- 3 What would make tomorrow feel easier?
- 4 What's one small win I can create today?
- 5 What deserves my attention? What doesn't?

GENTLE PROMPTS

- 1 Right now I need.....
- 2 Today I'm grateful for....
- 3 Lately I've been thinking about....
- 4 I wish I believed.....
- 5 If this page could answer one question, I'd ask....

Your journal doesn't need perfect words, it just needs the honest ones