

JOURNAL PROMPTS

Music & Mood

For the songs that carry you.

What song says something I've been feeling but couldn't put into words?



What song feels like coming home to myself, and why?



What song reliably changes my mood for the better?



When did a song last let me feel something all the way through?



What song became the soundtrack to a hard season, and what does it hold for me now?



What three songs belong on my self-care playlist right now?



What song reminds me who I am when I've lost track?



What song instantly takes me back to a meaningful moment in my life?



What songs belong on a playlist made just to protect my joy?



How has music helped me heal, even in small ways?



Music & Mood

CUT ALONG THE DASHED LINES

NO. 1



What song says something I've been feeling but couldn't put into words?

NO. 2



What song feels like coming home to myself, and why?

NO. 3



What song reliably changes my mood for the better?

NO. 4



When did a song last let me feel something all the way through?

NO. 5



What song became the soundtrack to a hard season, and what does it hold for me now?

NO. 6



What three songs belong on my self-care playlist right now?

NO. 7



What song reminds me who I am when I've lost track?

NO. 8



What song instantly takes me back to a meaningful moment in my life?

NO. 9



What songs belong on a playlist made just to protect my joy?

NO. 10



How has music helped me heal, even in small ways?

