**Self-Care Journaling Prompts**

1. What am I most proud of?
2. Who inspires me? Why do they inspire me?
3. What does my ideal day look like?
4. What can I do each morning to get my day off to a great start?
5. What would I tell future me?
6. I am grateful for—
7. I need more \_\_\_\_\_\_\_\_ in my life because…
8. Where do I see myself in 6 months?
9. What are 5 *short-term* goals I want to set for myself?
10. What is one *long-term* goal I want to set for myself?
11. What is one important lesson I learned this week?
12. In the next month I want to…
13. In the next year I want to…
14. If I had $10,000 I would…
15. What are 10 things that make me happy?
16. If I could travel anywhere, where would I go and why?
17. The person I am MOST thankful for is—
18. What inspires me?
19. Something I hope to achieve in the next 5 years is…
20. If I could wish for anything, I would wish for…
21. What scares me the most?
22. I want people to think of me as…

**Self-Improvement Journaling Prompts**

1. One thing I need to work on is…
2. Today I can honor myself by…
3. I’m most proud that I…
4. A book that has inspired me is \_\_\_\_\_\_. It changed my life by…
5. I am taking \_\_\_\_\_ actions to reach my goal of \_\_\_\_\_\_.
6. What do I need more of in my life?
7. What am I feeling today, and what thoughts are creating that feeling?
8. What is something that bothered me today (or this week) and why?
9. What message do I want to share with the world?
10. What is something new I would love to learn?
11. How can I love myself today?
12. What can I do to take better care of myself?
13. What is one thing I know I really need to change?
14. What is my vision for the next 3 months?
15. One lesson I learned today is…
16. What did I do today that brought me closer to my dream?
17. Someone I need to forgive is—
18. What is your personal mission statement
19. One thing I need to let go is—
20. What are 10 life lessons you’ve learned so far?