

JOURNAL PROMPTS

to Get You Started

Want to start journaling, but not sure what to say? Whether you list, write or draw it out, these prompts will help get your wheels turning!

RELATIONSHIPS

- What are your strengths and challenges in relationships?
- What are the top lessons you've learned from past relationships?
- What is working in your current relationships, and what could improve?
- How can you better support your loved ones?



CAREER

- Describe your dream job.
- How would you like to improve your work performance?
- Is your work draining or overwhelming? How can that be changed?
- What is meaningful to you about your current work?

GOAL SETTING

- What are your goals for the year? The month? The next 10-days?
- How have your goals changed over the years?
- What can you do each day to move toward your next milestone?
- What do you want to accomplish most in life?



PERSONAL GROWTH

- Define your top core values.
- What did you learn from a difficult experience?
- What would you tell yourself from 10 years ago?
- What are your thoughts of self-doubt, and how can you change them to be encouraging?