

Journaling Prompts

Use these prompts to reflect, process, and better understand your emotional experiences:

1. What did I need today that I didn't get?
2. What am I feeling right now, and why?
3. What's something I avoided today, and how did that affect me?
4. What's one moment today that made me feel calm or happy?
5. What pattern have I noticed in my thinking lately?
6. What do I want to let go of?
7. What am I proud of from this week?

Take your time with each prompt. There's no right or wrong answer.