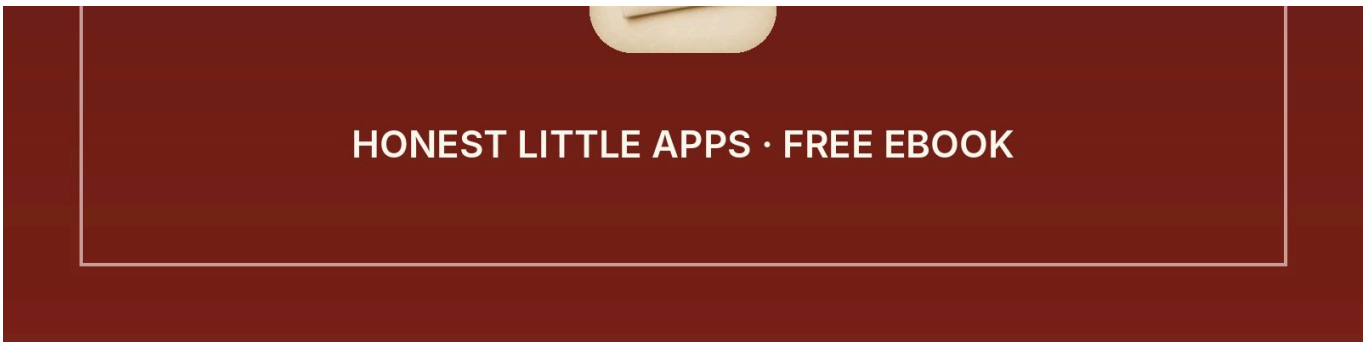
31 Journal Prompts

Five quiet minutes a day for a month





31 Journal Prompts

Five quiet minutes a day for a month

One prompt a day. Five minutes, no editing, nobody else reads it. Skip a day and pick up where you are.

What do you want to remember about today?

Five minutes. No editing. Nobody else will read it.

Write to yourself one year from now. What do you hope has changed?

Five minutes. No editing. Nobody else will read it.

What's something you did well this week that nobody noticed?

Five minutes. No editing. Nobody else will read it.

Describe a small moment that made you smile recently.

Five minutes. No editing. Nobody else will read it.

What's worrying you? Write it down, then write what you'd tell a friend.

Five minutes. No editing. Nobody else will read it.

Who are you grateful for, and why, specifically?

Five minutes. No editing. Nobody else will read it.

What did you learn the hard way this year?

Five minutes. No editing. Nobody else will read it.

Write a thank-you letter you'll never send.

Five minutes. No editing. Nobody else will read it.

What would a kind version of you say about your last mistake?

Five minutes. No editing. Nobody else will read it.

What does a good ordinary day look like for you?

Five minutes. No editing. Nobody else will read it.

Describe your life now to your 10-year-old self.

Five minutes. No editing. Nobody else will read it.

What are you looking forward to this month?

Five minutes. No editing. Nobody else will read it.

What's a habit you'd like to start? Why haven't you yet?

Five minutes. No editing. Nobody else will read it.

Write about a place that feels like home.

Five minutes. No editing. Nobody else will read it.

What did you used to love that you've stopped doing?

Five minutes. No editing. Nobody else will read it.

Halfway through the month. What's gone better than expected?

Five minutes. No editing. Nobody else will read it.

Write to someone who shaped you.

Five minutes. No editing. Nobody else will read it.

What would you do with a free Saturday and no obligations?

Five minutes. No editing. Nobody else will read it.

What's a belief you've changed your mind about?

Five minutes. No editing. Nobody else will read it.

Describe today using all five senses.

Five minutes. No editing. Nobody else will read it.

What are you proud of that you rarely mention?

Five minutes. No editing. Nobody else will read it.

What would you like to let go of?

Five minutes. No editing. Nobody else will read it.

Write a letter to yourself for a hard day.

Five minutes. No editing. Nobody else will read it.

What made you laugh this week?

Five minutes. No editing. Nobody else will read it.

What do you need more of right now?

Five minutes. No editing. Nobody else will read it.

Who do you want to be in five years?

Five minutes. No editing. Nobody else will read it.

What's a compliment you still remember?

Five minutes. No editing. Nobody else will read it.

What's one thing you'd tell yourself last January?

Five minutes. No editing. Nobody else will read it.

Write about a small act of kindness you saw.

Five minutes. No editing. Nobody else will read it.

End of the month: what's one sentence that sums it up?

Five minutes. No editing. Nobody else will read it.

Seal a letter to future you. What should they know about now?

Five minutes. No editing. Nobody else will read it.

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