

# 10 Gratitude Journal Prompts

“Gratitude turns what we have into enough.” – Melody Beattie

1. What are three things I’m grateful for today?

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2. How has someone positively impacted my life recently?

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3. What was the best moment of my day?

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4. What is a challenge I’m facing, and what lessons can I learn from it?

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5. Who in my life brings me joy, and why?

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6. How did I show kindness today?

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7. What comforts me when I feel down?

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8. What personal strengths am I grateful for?

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9. What are three things I often take for granted?

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10. How can I express gratitude more in my daily life?

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# *10 Shadow Work Journal Prompts*

“The cave you fear to enter holds the treasure you seek.” – Joseph Campbell

1. What childhood experiences shaped my beliefs?

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2. What triggers me, and why?

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3. What emotions do I suppress?

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4. How can I show more self-compassion?

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5. What fears keep me from living fully?

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6. How do I react to criticism, and why?

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7. What parts of myself do I struggle to accept?

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8. What wounds need healing?

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9. How can I reframe negative self-talk?

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10. What does my shadow self want me to know?

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# *10 Self-Discovery Journal Prompts*

“True self-discovery begins where your comfort zone ends.” – Adam Braun

1. Who am I at my core?

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2. What makes me feel most alive?

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3. What values are most important to me?

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4. What are my greatest strengths?

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5. What limiting beliefs have held me back?

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6. What does my ideal future look like?

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7. How do I define success and fulfillment?

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8. What activities bring me into flow state?

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9. What fears do I need to overcome?

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10. What's one thing I would do if I had no fear?

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# 10 *Productivity and Goal Setting* *Journal Prompts*

“The goal is to not be perfect in the end. It is to be better today.” – Simon Sinek

1. What are my top three priorities for this month?

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2. What is my biggest distraction, and how can I minimize it?

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3. What daily habits will help me reach my goals?

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4. How can I manage my time better?

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5. What is my biggest long-term goal?

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6. What small step can I take today toward my goal?

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7. How can I stay motivated when challenges arise?

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8. What's a recent success I'm proud of?

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9. What skills do I want to develop?

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10. What boundaries do I need to set for success?

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# 10 Mindfulness and Reflection Journal Prompts

“Be where you are; otherwise, you will miss your life.” – Buddha

1. How do I feel at this moment?

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2. What thoughts are consuming my mind today?

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3. What small joys did I notice today?

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4. How can I bring more presence into my life?

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5. What negative thoughts can I let go of?

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6. What brings me inner peace?

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7. How did I practice self-care today?

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8. What senses am I experiencing right now?

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9. What's one thing I want to focus on today?

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10. How can I be more present in my relationships?

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# *10 Manifestation Journal Prompts*

“We receive exactly what we expect to receive.” – John Holland

1. What does my dream life look like?

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2. What goals am I currently manifesting?

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3. How will I feel when I achieve my biggest goal?

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4. What are five affirmations that empower me?

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5. How can I act as if I've already achieved my dream?

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6. What limiting beliefs do I need to release?

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7. What are three things I can do today to align with my goals?

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8. What does abundance mean to me?

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9. How can I cultivate more trust in the universe?

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10. What signs of alignment have I noticed recently?

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# 10 Healing Journal Prompts

“Pain is inevitable; suffering is optional.” – Buddha

1. What pain am I ready to release?

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2. How have I grown from my struggles?

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3. What does self-love mean to me?

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4. What words do I need to hear right now?

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5. How can I forgive myself?

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6. How do I cope with stress?

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7. What past wounds still affect me?

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8. What does inner peace feel like?

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9. How can I nurture myself today?

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10. What am I learning from my healing journey?

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# 10 Dream Journal Prompts

“Dream big because dreams do happen.” – Alex Morgan

1. What did I dream about last night?

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2. What symbols appeared in my dream?

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3. What emotions did I feel?

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4. How does this dream relate to my waking life?

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5. What messages might my subconscious be sending me?

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6. What recurring dreams do I have?

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7. What unresolved issues appear in my dreams?

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8. What's my biggest dream interpretation?

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9. How do my dreams change over time?

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10. What actions can I take based on my dreams?

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