

Journaling Prompts for Well Being

1. What does loving my body mean to me?
2. What am I proud of myself for?
3. What does a productive day look like to me?
4. What is unique about my personality?
5. How can I go outside my comfort zone today?
6. How am I treating my body with love and respect?
7. What does self-love mean to me?
8. What habits do I want to start and why?
9. How do I define a successful day?
10. What can I give myself what I hope others will give to me?
11. How have I grown as a person over the last year?
12. What is a perceived weakness that I have and how can it be a strength?
13. What parts of my life am I happy with? What parts could use improvement?
14. What is a past mistake I need to forgive myself for?