



Journal Prompts

Hey! I am so happy you got to this download. Feel free to save it or print it to reference throughout the month. Just take 5-10 minutes every day to answer one prompt per day. Feel free to tag my on Instagram [@reneemichellef](https://www.instagram.com/reneemichellef) while working through the prompts!

- What is your best personality trait? Why?
- What are three things you are thankful for today?
- What are you currently struggling with?
- What does your dream life look like?
- List 5 things you love about yourself.
- What sets your heart on fire and why do you love yourself for that?
- What are you most grateful for in your life?
- Describe your perfect day in detail.
- What are the most valuable lessons you have learned?
- When things are tough, I want to remember...
- What distracts you from achieving your goals?
- List 5 things that make you smile.
- When do you feel most confident?
- What parts of your life are you happy with?
- What parts of your life would you like to work on?
- I am happiest when...
- List 3 things you are happy about.
- What is your favorite quote and why?
- What is an experience you are most thankful for?
- What was the last act of kindness you did?
- What are 3 negative mindsets I need to let go of?
- How can I improve my daily routine?
- What is one piece of advice I'd give my future self?
- What is your number one goal for this year?
- I feel peaceful when...
- What qualities do you admire in others?
- How do you like to relax?
- Are you finding your dream job or are you creating it?