



50 Journal Prompts

FOR ADULTS

Are you excited about anything today? What is it?

What makes you feel the most grateful in your entire life?

Who is that one person who can light up your life without fail?

Have you overcome challenges in life? Explain.

Describe the best day of last week. What made it better than the rest?

Write about one achievement that you are most proud of.

Describe your happiest moment in life.

List the reasons why you love yourself.

Write about your ideas for making this world a better place.

Are you happy with your life? Do you think it needs improvement? Explain.

Make a list of the blessings you have received.

What is on your bucket list?

Are you fond of traveling? Where would you like to go?

Make a list of your short-term goals.

Make a list of your long-term goals.

Are you excited about the future? What excites you?

Make a list of some things you would like to possess/buy.

Do you think about the past with nostalgia? What do you miss the most?

Which new hobbies would you like to develop?

How do you regard your perfect day?

Anyone particular you want to meet? Why?

What makes you happy?

How would you introduce yourself to a stranger?

Where do you find your inspiration?

Describe your strengths. How can you make the most of them?

Describe your weaknesses. How can you overcome them?

Do you wish you had done anything different in your younger days? Explain.

What are the invaluable lessons you have learned from life?

Would you say your life is now perfect? Why?

Make a list of books to read/movies to watch/songs to listen to.

Journal prompts: Anxiety mitigation

Can you trace the origin of your anxiety?

Do you think your upbringing has affected your mental health?

How can you contribute to society?

Do you know what is making you anxious?

Is your job worsening your anxiety?

Do you love yourself?

Has anyone hurt you? Have you forgiven them? Explain.

Do you think of yourself as an optimistic person? Why?

How would you describe yourself?

Do you dislike any of your qualities?

Daily gratitude journal prompts

What makes you thankful today?

What do you love the most about yourself?

Who made you smile today?

Who has had the most positive influence on you?

What did you accomplish this week that made you feel good?

Who supports you the most in your family?

Describe something unique about yourself.

Did you help anyone today? How did that make you feel?

What is your biggest asset?

Do you think creativity can improve your mood?
