

# 31 JOURNAL PROMPTS TO HELP LIFE NOT SEEM SO STRESSFUL

1. List 10 things that make you happy.
2. List 10 things you appreciate about your closest family and friends.
3. What present can you indulge yourself with today and why did you choose it?
4. List 10 things you love about yourself.
5. List 10 activities that energize you. Which ones do you do daily or weekly? Why or why not?
6. List 10 foods you love. Which of them love you back?
7. List 10 things you miss about your childhood. Which one of them can you bring back into your daily or weekly rituals?
8. List 10 people you communicate with regularly who you respect. What is it that you respect about each of them?
9. List 10 great choices you've made in your life so far.
10. List 5 goals you have for yourself.
11. List 10 things you appreciate about your body.
12. List 10 of the wisest people you have phone numbers for. When did you last communicate with each of them? Why or why not?
13. List 10 things you need to grow into the woman/man you want to become.
14. List 10 countries you want to visit.
15. Today/tomorrow will be perfect because ...
16. List 5 things you can do to feel financially secure.
17. List 10 things you forgive yourself for.
18. List 20 people you love. Why do you love each of them? Do they know you love them?
19. List 10 things that make you unique.
20. List 10 ways you express your creativity.
21. List 10 fears and doubts you have about your life as it is currently. Then, next to each one, write in a different color ink "I release this concern. God will take care of it"
22. List 10 ways in which you are blessed.
23. List 10 healthy choices you made in the past week.
24. List 10 rituals you perform regularly that make you feel at peace.
25. List 10 ways in which someone demonstrated their love for you in the past week.
26. List 10 negative thoughts you are willing to let go of today.
27. What does your best life look like?
28. What does your life look like if you had perfect health? What would you eat and drink? What would you do for exercise? What would your rituals look like?
29. List the last 10 people you interacted with. After each name, write "loves me"
30. List 10 things you enjoy most about life.
31. List 10 fun experiences you would like to have in the next 12 months.