

Mindful Journaling

Here are 15 prompts, questions, and ideas to help you start your journal:

1. My favorite way to spend the day is...
2. Make a list of 30 things that make you smile.
3. What am I grateful for?
4. What do I procrastinate with the most?
5. I couldn't imagine living without...
6. I really wish others knew this about me...
7. What can you learn from your biggest mistake?
8. I feel most energized when...
9. I showed courage today by...
10. I forgive myself for...
11. What is the best thing that happened this week?
12. What is my biggest pet peeve and why?
13. How can I better take care of myself?
14. If my body could talk, it would say...
15. Make a list of everything that inspires you.



Mindful journaling is the act of expressively examining what is in your head and in your heart. You can either write freely or from a prompt.

Benefits to journaling:

Helps you express your thoughts and feelings without fear of judgement

Relieves stress

Makes you more aware of emotional triggers

Reduces feelings of distress and depression

Provides an opportunity to identify any negative self-talk

Assists in processing of difficult experiences

Increases your communication skills

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For more information:

<https://www.yourbodythetemple.com/mindful-journaling/>