7 Journaling Prompts

For personal reflection. Not therapy or professional advice. Take your time; there are no wrong answers.

1. What did I spend my energy on this week, and did it match what matters to me?

2. Which three values do I want to guide my next decision?

3. What is one thing I would do if I weren't worried about what others think?

4. What am I ready to stop doing?

5. Who has helped me recently, and how can I thank them?

6. What does a good ordinary day look like a year from now?

7. What is the smallest next step I can take this week?