

Beginners

30 JOURNAL PROMPTS FOR BEGINNERS

NAME _____ DATE _____

- 1 What made you decide to try journaling, even if the reason feels small?
- 2 Describe the room you are sitting in right now using three details you can see.
- 3 Write down three words that describe your mood at this moment.
- 4 What did you eat for breakfast today, and was it any good?
- 5 How did you sleep last night, and how are you feeling about the day ahead?
- 6 What is one thing you want to get done today, just one?
- 7 Describe the notebook, page or screen you are writing on this morning, and why you chose it to hold your first entries.
- 8 What is the weather like where you are, and how does it make you feel?
- 9 List five things within arm's reach and why each one is there.
- 10 What is the last song you had stuck in your head, and where were you when you heard it?
- 11 Who is the last person who made you laugh, and what did they say or do?

- 12 What is something you noticed on your way somewhere today that you usually walk past?
- 13 What is a smell that always takes you back to a certain place or time?
- 14 Finish the sentence "Right now I wish" in three different ways.
- 15 What is one small thing that went right today?
- 16 What would you like to remember about today if you read this page a year from now?
- 17 Before you started, what did you imagine journaling would be like, and how does writing this page compare?
- 18 Where and when do you think you could write for five minutes most days, and what might get in the way?
- 19 What is a habit you already keep without thinking about it, and how did it stick?
- 20 Describe an ordinary day in your life right now, from the moment you wake up to the moment you fall asleep.
- 21 What does a good day look like for you? Write it out in as much detail as you like.
- 22 Write about a place where you feel most like yourself.
- 23 What is a hobby or interest you have, and what first drew you to it?
- 24 Write about something you learned recently, big or small, and how you came across it.

- 25 Describe a conversation from today that stayed with you after it ended.
- 26 What is something you have been thinking about a lot lately but have not said out loud?
- 27 What worried you this week, and how much of it actually happened?
- 28 What are three things you are good at that hardly anyone notices?
- 29 What is something you changed your mind about in the last few years, and what changed it?
- 30 Who are the people you see most often, and what is one thing you appreciate about each of them?