

Evening

30 EVENING JOURNAL PROMPTS

NAME _____

DATE _____

1 What is one small thing that went right today, even if it was only a good cup of coffee or a green light?

2 Name three sounds you heard today and where you were when you heard them.

3 What did you eat today that you actually enjoyed?

4 Which moment today made you laugh or smile, even a little?

5 Write down one task you finished today, no matter how small.

6 What is one word that sums up today, and why that word?

7 Who did you talk to today that you were glad to hear from?

8 What is one thing you can leave undone tonight without anything falling apart?

9 What did the sky look like the last time you glanced at it today?

10 What is one thing from today you want to remember a year from now?

11 How does your body feel right now, from your shoulders down to your feet?

12 What is one thing you can set out tonight, like your keys, a packed bag or tomorrow's clothes, so the morning starts a little easier?

- 13 What kind thing did someone do for you today, and what kind thing did you do for someone else?
- 14 Walk back through your day hour by hour. Which part felt longest, and which part went by too fast?
- 15 What did you notice today that you would usually walk right past?
- 16 Write about a conversation from today that you keep replaying. What would you like to set down about it before you sleep?
- 17 When did you feel most like yourself today?
- 18 What drained your energy today, and what gave some of it back?
- 19 Write tomorrow's to-do list, then circle the one thing that truly matters.
- 20 What did you put off today, and what do you think kept you from starting it?
- 21 If today had a weather report, what would it say about your mood from morning until now?
- 22 Where did you show patience today, with someone else or with yourself?
- 23 What did you learn today, in class or outside it, that surprised you?
- 24 What moment with your child today do you want to hold onto, and what moment would you like to handle differently tomorrow?

25 What is one thing your partner did today that you noticed but did not mention? Write what you might say to them.

26 What worry are you carrying into tonight? Write it down, then write what you would tell a friend holding the same worry.

27 What did you say yes to today that you wish you had said no to, or the other way around?

28 Write about a moment today when you felt something strongly. What happened just before it, and what might that feeling have been pointing to?

29 What are you still holding from today that is not yours to carry? Describe what it would look like to set it down.

30 Think about how you spent your hours today. Do they look like the life you want? What would you shift, even slightly?