

Morning

30 MORNING JOURNAL PROMPTS

NAME _____ DATE _____

- 1 What is the first sound you noticed when you woke up today?
- 2 Describe the light in the room right now in three or four words.
- 3 On a scale from one to ten, how much energy do you have this morning, and where in your body do you feel it?
- 4 What is one small thing you are looking forward to today?
- 5 Write down one word you want to carry with you through the day.
- 6 What did you eat or drink first this morning, and how did it taste?
- 7 What is the weather doing outside your window, and how does it match your mood?
- 8 Name one task you will be glad to have finished by lunch.
- 9 Who is one person you might see today, and how would you like them to feel after talking with you?
- 10 What is one thing you can leave undone today without guilt?
- 11 Finish this sentence: This morning, I feel most like...

- 12 What do you remember from your dreams last night, even if it is only a color or a feeling?
- 13 What is one kind thing you could do for yourself before noon?
- 14 Walk through the next few hours in your mind. Where do you expect to feel rushed, and how could you give that moment a little more room?
- 15 What is pulling at your attention most this morning, and is it something you can act on today?
- 16 Describe your ideal first hour of the day. How close did today come?
- 17 What would make today feel like a good day, even if nothing big happens?
- 18 Which part of today are you dreading, and what is one small step that could make it easier?
- 19 How did you sleep, and how might that shape the way you treat yourself today?
- 20 What conversation is waiting for you today, and what do you hope to say clearly?
- 21 If you could protect one hour of today for something that matters to you, what would you do with it?
- 22 What did yesterday teach you that you want to use today?
- 23 What class, test or assignment is on your mind this morning, and what would help you walk in feeling ready?

24 What do you want to remember about the kind of parent you hope to be today, before the busy part of the morning begins?

25 What is one habit in your mornings that serves you well, and one you would gently like to change?

26 Think back to your first thoughts on waking. Were they about the past, the future or right now?

27 What is something ordinary in your morning routine that you would miss if it were gone?

28 Think about the mornings you remember most from your life. What made them stand out, and what do they tell you about what you need?

29 If you approached today the way someone you admire would, what would you do differently from the moment you got up?

30 What are you carrying into this morning from yesterday or the past week, and what would it take to set some of it down?