

## INTERGROUP JOURNALING WORKSHOP – JOURNALING PROMPTS

### 6 Journaling Ideas

Write down your goals every day.

Keep a daily log.

Journal three things you're grateful for every day.

Journal your problems.

Journal your stresses.

Journal your answer to “What's the best thing that happened today?” every night before bed.

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### 10 Things to Write About in Your Journal

The Day-to-Day Happenings of your Life.

Thoughts and Feelings.

Quotes Journal.

Things you Need to Get Done. Bullet Journal Task List. I love being organized! ...

Your Hopes and Dreams / Vision Board. Vision Board....

A Gratitude Log.

Reasons to be Proud of Yourself.

Travel Journal.

Plan Out Projects.

Review Your Progress.

## INTERGROUP JOURNALING WORKSHOP – JOURNALING PROMPTS

### SIMPLE JOURNAL PROMPTS

What are your plans for this weekend?

Write 5 affirmations for when you are feeling low.

What is the best book you have read recently?

How have you grown this year?

What are the most important life lessons you have learned?

Have trouble sleeping? What's keeping you up?

What is the last dream you remember?

Name the three biggest priorities in your life right now.

What are your biggest fears?

Do you have a fear that is stopping you from achieving your goals?

Name three challenges.... and three ways to overcome them.

Write down your ultimate way to relax.

What would you do if you were granted three wishes?

How about if you were given five wishes?

Name three bad habits you would like to change.

What was the last show you went to?

Do you have a secret talent you are hiding?

Add some more items to your bucket list...if you don't have a bucket list, start one.

What is your biggest regret?

Think about someone you really love. Write about the person that came to mind.

List the best 10 moments of your life so far.

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### GRATITUDE JOURNAL PROMPTS

What 5 things are you grateful for this week?

Name the one thing you are most grateful for in your life at this moment.

Write about 5 amazing childhood memories you are grateful for.

Which people in your life are you most grateful for.

Write about something that made you smile today.

When were you last surprised?

What is the most exhilarating thing that has happened to you this year?

Name a challenge you have overcome and how it helped you to grow.

How can you show gratitude more?

What are 3 things that have happened to you which were difficult, but you are now grateful for the experience?

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### GOAL AND ASPIRATIONS PROMPTS

What are your top 10 goals?

Write down actionable steps to help you reach a goal.

What is your 1-year goal?

What is your 5-year goal?

What is your 10-year goal?

If you could start life again, would you? What would you change?

Who is someone that inspires you and why?

Is there a hobby you would like to start?

Name a skill you would love to learn.

What kind of person do you aspire to be?

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### JOURNAL PROMPTS FOR MEMORIES

What is your favorite childhood memory?

Write about the first memory you have.

Describe your childhood.

Do you have an embarrassing moment that still makes you cringe?

Which was your best birthday ever and why?

What was a hobby you loved as a kid?

Write about your favorite memory with your parents.

What was your favorite toy?

What is your best memory with some of the special people in your life?

What is a memory that always makes you smile?

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### TRAVEL PROMPTS

Where is the place you would like to visit the most?

What has been your best trip so far?

Who is the person you would like to travel with the most and why?

If you could go back in time, where would you go?

Describe your dream vacation.

Write about a road trip you would love to take.

How does seeing somewhere new make you feel?

What is a food you would love to try from a different country?

What is the worst vacation you have ever had?

Name 10 places you would love to see.

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### DAILY PROMPTS

Write your day in bullet points.

Do your current friendships and relationships bring joy to you?

What is your biggest concern right now?

Do you think you are a positive or negative person?

What are your best qualities?

Could you be a better friend?

Could you be a better partner/wife/husband/mother/father/daughter or Son?

Write about your top five personal strengths.

What things change your mood from positive to negative?

Make a list of 10 affirmations that will lift your mood.

Do you have a morning routine? Can it be improved?

How are you feeling today?