

# 30 Journaling Prompts for

a new you

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LIFESTYLE | BEAUTY | FASHION

Where do you see yourself in 5 years?

What do you want to achieve by the end of this year?

What are you thankful for the most?

What calms you down?

What causes you to become anxious?

What makes you happy?

5 things that you enjoy doing

What is on your mind right now?

Who is your support system?

What are your three most important values?

List 3 affirmations

What is one thing you can change?

What is the greatest challenge in your life right now?

Write a bucket list

Name some places you enjoy visiting

What possession of yours means the most to you and why?

What is your current favorite tv shows?

What makes you upset in life?

How could you "better" yourself? (mentally/physically/emotionally)

Write 10 compliments for yourself

Write 3 goals you like to achieve this year

Make a list of what inspires you

What are you proud of yourself for?

Describe a happy memory of yours

What is your dream job & how will you make it happen?

Write 5 inspirational quotes

Describe one way you'd like to grow this month

Write out a pamper routine for yourself

What have I done to pamper myself lately?

Write about a major lesson you have learned in your life