



*evening*  
**JOURNAL**  
**PROMPTS**

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# JOURNAL PROMPTS

You can download and print this list so you have it on hand when you sit to journal. I will be updating this list with new prompts every other month and will send a quick email when updates are made.

## PROMPTS

1. I'm choosing to write down that 'thing' that is running through my mind and may potentially keep me up. Through the process of writing it down, I am committing to letting it go for the rest of the evening and tonight.
2. I have decided to relax now because....
3. What one thing did I do well today (this doesn't have to be something life-altering. Can be as simple as making your coffee precisely the way you like it).
4. I'm choosing self-care habits because....
5. right now, I'm feeling... (don't think much about this. Put pen to paper and just write).
6. Tomorrow, I want to focus on....
7. I am letting go of...
8. I'm proud of myself for taking time to journal because...
9. I'm grateful for these three things right now
10. What did I do today that was most effective?
11. What did I do today that was least effective?
12. Write down anything you need to 'vent' about.
13. Look around you. Write what you see. Literally. Describe your surroundings.
14. Go inward. How do you feel? Describe. Take a few deep breaths and really focus on connecting with yourself and you're feeling.
15. What one step can I take tomorrow to move closer to my dream?