

❁ 25 Journal Prompts To Get You Started ❁

- ❁ *What are you grateful for today?*
- ❁ *What was the best thing that happened today?*
- ❁ *What is one skill you wish you had that you'd like to master?*
- ❁ *What is something you are good at?*
- ❁ *What 1 book has been most influential on your life?*
- ❁ *What challenge(s) have you overcome recently?*
- ❁ *What is one thing your spouse/significant other does that makes you smile?*
- ❁ *If you could travel anywhere in the world, where would you go and why?*
- ❁ *What made you laugh today?*
- ❁ *What is something about yourself that is often misunderstood by others?*
- ❁ *What are you most scared of and why?*
- ❁ *What do you love about your spouse/significant other?*
- ❁ *What could you have done differently today to make it a better day?*
- ❁ *If you could change one thing in your life, what would it be and why?*
- ❁ *Describe something beautiful you saw today.*
- ❁ *What is your favorite thing to do as a family?*
- ❁ *Why is your best friend your best friend?*
- ❁ *Describe a wonderful memory from your childhood.*
- ❁ *What is something you are most proud of about yourself?*