

Journal prompts for your next 30 days

Journal prompts are a great way to get the creative juices flowing. As you read, these feel free to adapt and change them as they give you the seed of an idea. Go wherever the ideas take you!

1. What are you looking forward to today?
2. If you were moving across the country and could only take a limited number of objects, what would you choose no matter what, and why?
3. Imagine yourself as a bird or animal. What have you chosen? What do you think it would feel like to be this animal?
4. What is your earliest memory? Write it in as much detail as possible.
5. What is your body trying to tell you that you haven't been listening to? How would you like to reply?
6. Write about a time you helped someone. How do you think this act made them feel? How did you feel performing it?
7. Who are the three most influential people in your life? How have they impacted you?
8. Write 12 things you'd like to do over the next year, listing one for each month.

9. Talk about the first time you did something you never had before, particularly one you felt like everyone knew how to do but you (like cooking or changing a tire). How did you feel when you accomplished this task?

10. Who hurt your feelings in the past? Write about why they might have acted in the way they did. Does active empathy change how you feel about the situation?

11. What has surprised you?

12. What is something you believed as a child you found out wasn't true as an adult?

13. If you had the ability to teleport yourself anywhere, where would you go and why?

14. Who is someone you used to talk to a lot but haven't in a while? How would you go about reconnecting with them? What would you want to say? You could go on to send them a handwritten card.

15. If you could leave a message to the you of last year, what would you say?

16. What is your perfect day?

17. Write about something you wished you had said to someone but never did. Say it to them now in the safety of your journal.

18. What is something you'd like to learn, why?

19. What secret do you wish you could tell someone? What do you think would happen if you did? Seriously consider sharing this secret with someone close, so you no longer need to carry it.

20. List your five favourite meals. Make plans to enjoy one of them shortly.

21. What are the best five things you like about yourself?

22. You've been given a thousand pounds and an hour to spend it, the rules being it has to be for something fun. What would you do?

23. How can you show kindness to someone today (if you're journaling in the morning) or tomorrow (if you're journaling at night)? Make plans to do so.

24. What do you dream about doing more than anything else in the world? Write about it in detail.

25. What is the last book or film that made an impact on you? What about it made it unforgettable?

26. Pick a colour (it doesn't have to be your favourite). Describe how this colour makes you feel inside.

27. You're lost in a foreign country where you don't speak the language. Is this a crisis, a challenge, or an opportunity? Why?

28. List off six things you've learned recently you find fascinating.

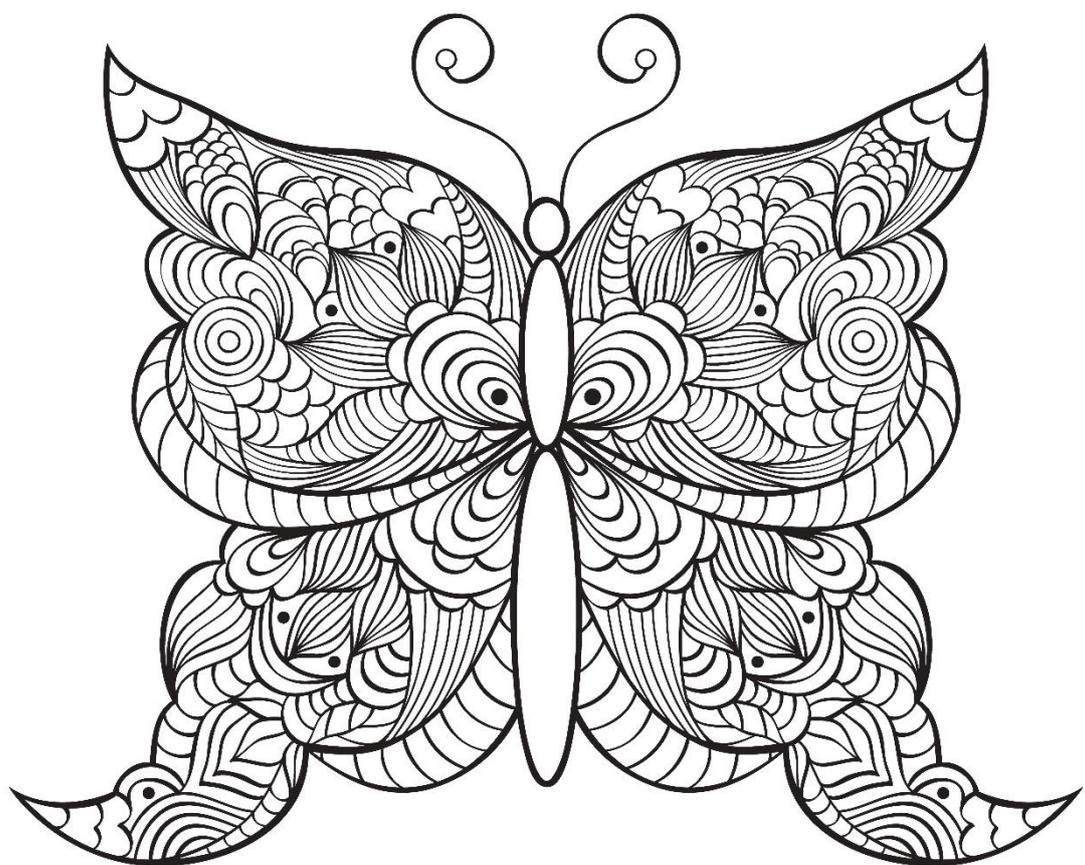
29. Describe your favourite time of day. What memory do you associate with this time of day that makes it your favourite?

30. Ellen Sirleaf Johnson said, "If your dreams do not scare you, they are not big enough." What is the dream that scares you? What can you do that will set you on the path to achieving this dream?

31. Who do you want to be when you grow up?

Write Now!

Choose one of the above prompts and write about it. Set a timer for just 10 minutes and write.



Contact Dale

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Website: <https://www.daledarley.com>

Facebook: <https://www.facebook.com/daledarley1>

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