



WEEKLY JOURNAL PROMPTS (3)

How to Use the Weekly Journal Prompts

Each week, use the prompt as a guide for reflection. Set aside 10–15 minutes to write honestly—no rules, just your thoughts. Return to past entries to notice patterns and growth. Keep it simple, consistent, and personal.

Resilience & Healing

1. What helps me feel safe during difficult times?
2. How have I overcome challenges in the past?
3. What is a reminder I need when I feel anxious or low?
4. How do I nurture myself when I feel overwhelmed?
5. What past hurt am I ready to heal from?
6. What does resilience mean to me?
7. How do I know when I need rest vs. when I need action?

Hope & Future

1. What am I most looking forward to this year?
2. What does my ideal future self look like, and how can I honor them now?
3. What legacy do I want to leave behind?
4. What is something I want to accomplish in the next five years?
5. What brings me hope, even in hard times?
6. What is one intention I want to carry with me into next week?