



WEEKLY JOURNAL PROMPTS (2)

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.

Mindfulness & Presence

1. How does my body feel right now, and what is it telling me?
2. What activities help me feel most grounded?
3. What's a simple pleasure I want to savor more often?
4. How do I experience peace in my daily life?
5. What does slowing down look like for me?
6. What moments this week did I feel truly present?
7. What's a habit I want to bring more awareness to?

Relationships & Connection

1. How do I show love to others?
2. Who do I feel most comfortable being myself around, and why?
3. How can I strengthen a relationship that matters to me?
4. What do I appreciate about my family or chosen family?
5. Who from my past had a positive influence on me?
6. How do I want to show up for others when they need me?
7. What does healthy friendship mean to me?

Dreams & Creativity

1. What's a dream I've been putting off, and why?
2. If I had unlimited time and resources, what would I create?
3. What's a childhood dream I still carry with me?
4. How do I express my creativity?
5. What new hobby or skill do I want to explore?
6. If I could design my ideal day, what would it look like?