

# journal prompts

- **GOALS** - Mindmap, list goals, outline your vision for work and life
- **GRATITUDE** - What are 4 things you're grateful for today?
- **DREAMS** - What did you dream about?
- **LOVE** - What do you love about your life? Who do you love? Who loves you?
- **MEMORIES** – Write about a memory that lights you up. Where were you, who were you with, and what were you doing? Be detailed!
- **TRAVEL** - The places you've been, the place you are, the places you want to go (use 5 senses)
- **PEOPLE** - Family, friends, people you meet, people you'd like to meet, celebrities
- **WORK/SCHOOL** - Accomplishments, failures, improvements, co-workers, new ideas, goals and hopes
- **BUCKET LIST** - Everything you want to do in your lifetime
- **WHAT WOULD YOU DO IF YOU WON THE LOTTERY** - If you had a week left to live with no money limitations how would you spend your last moments?
- **READING** - Thoughts on books you've read or are currently reading
- **LIFE MILESTONES** - Accomplishments and stories of fond memories
- **OVERCOMING FEARS** - Past and present fears... and how you defeated them!
- **PASSIONS** - What lights you up? What activity makes you lose track of time?