
Journal Prompts

1. How is where you are in life today different than a year ago—and what positive changes are you thankful for?
2. LIST 5 PEOPLE IN YOUR LIFE WHO ARE HARD TO GET ALONG WITH—AND WRITE DOWN AT LEAST ONE QUALITY FOR EACH THAT YOU ARE GRATEFUL FOR.
3. What aspects of your work environment are you thankful for? (Supportive co-workers, flexible hours, great snacks in the kitchen...)
4. List 5 places you would like to go to and why. Remember you can go anywhere!
5. Write down a problem that you have but don't try to solve it, just write down your thoughts and feelings about it
6. If you could have only 4 material items for the rest of your life what would they be & why. Draw them if you would like.
7. Things you think it would be too late for...its not to late!!! Write down steps to take them.
8. Biggest Challenge this year and how you overcame it.
9. Write about important people in your life growing up. What did they teach you. Think of 1 or 2 meaningful sentences that you feel has changed your life.
10. WHAT MADE YOU SMILE TODAY?