

Journaling Prompts for Self-Growth

Category	Prompt Example #1	Prompt Example #2
Gratitude ■	What 3 things made me smile today?	Who am I most thankful for this week and why?
Self-Reflection ■	What lesson did I learn today?	What is one habit I want to change?
Mental Health ■	What emotions did I feel strongly today?	What helps me calm down when I'm stressed?
Creativity ■	If my life were a movie, what scene happened today?What would I create if I had no limits?	
Future Goals ■	Where do I see myself in 6 months?	What small step can I take toward my dream?
Relationships ■	Who do I want to reconnect with?	What makes me feel supported in friendships?
Spiritual ■	What am I praying or hoping for?	Where did I notice peace today?