

Date:

Journal Entry

WHAT ARE 3 THINGS THAT YOU ARE GRATEFUL FOR?

Date:

Journal Entry

WHAT IS YOUR FAVORITE QUOTE AND WHY?

Date:

Journal Entry

WHAT ONE EXPERIENCE CHANGED YOUR LIFE
FOREVER?

Date:

Journal Entry

WHAT ARE YOU AFRAID OF AND HOW CAN YOU MAKE
PEACE WITH IT?

Date:

Journal Entry

WHAT IS A SOURCE OF LIGHT IN YOUR LIFE?

Date:

Journal Entry

WRITE ABOUT A TIME YOU WITNESSED A MIRACLE.

Date:

Journal Entry

WHAT ARE SOME THINGS THAT MAKE YOU PROUD TO
BE YOU?

Date:

Journal Entry

WHAT IS YOUR DEFINITION OF SUCCESS?

Date:

Journal Entry

WHAT IS ONE HABIT YOU CAN CHANGE TODAY?

Date:

Journal Entry

WHAT IS SOMETHING YOU CAN ADD TO IMPROVE THE
QUALITY OF YOUR LIFE?

Date:

Journal Entry

WHAT IS SOMETHING YOU CAN REMOVE TO IMPROVE
THE QUALITY OF YOUR LIFE?

Date:

Journal Entry

WHAT ITEM DO YOU HOLD CLOSE TO YOUR HEART?

Date:

Journal Entry

WRITE ABOUT A TIME WHEN YOU WITNESSED THE
POWER OF COMMUNITY.

Date:

Journal Entry

WRITE ABOUT A TIME WHEN YOU WERE ALONE AND
HOW YOU HANDLED IT.

Date:

Journal Entry

HOW ARE YOU FEELING IN THIS MOMENT?

Date:

Journal Entry

WRITE ABOUT A TIME YOU FACED ONE OF YOUR
GREATEST FEARS.

Date:

Journal Entry

WRITE ABOUT AT TIME WHEN A PRECONCEIVED
NOTION AFFECTED YOUR OPINION.

Date:

Journal Entry

WHAT IS ONE VALUABLE LESSON YOU LEARNED
FROM A FAMILY MEMBER?

Date:

Journal Entry

WHAT ARE 5 QUALITIES YOU LOOK FOR IN A
GOOD FRIEND?

Date:

Journal Entry

WRITE ABOUT A TIME WHEN CHANGE WAS
DIFFICULT BUT ALSO NECESSARY.

Date:

Journal Entry

DESCRIBE A MOMENT WHEN YOU REALIZED
SOMETHING ABOUT YOURSELF.

Date:

Journal Entry

WHAT ARE 10 THINGS WORTH LIVING FOR?

Date:

Journal Entry

WRITE ABOUT A TIME WHEN YOU LEARNED
SOMETHING NEW.

Date:

Journal Entry

CLOSE YOUR EYES AND THINK OF THE FIRST PERSON
THAT COMES INTO YOUR HEAD. DESCRIBE THEM.

Date:

Journal Entry

WRITE ABOUT SOMETHING THAT NO LONGER SERVES
YOU.

Date:

Journal Entry

HOW CAN YOU CREATE A LIFE THAT YOU ABSOLUTELY
LOVE?

Date:

Journal Entry

WHAT ARE YOU LOOKING FORWARD TO?

Date:

Journal Entry

HOW DO YOU DEAL WITH ANGER AND DO YOU THINK
YOUR WAY IS HEALTHY?

Date:

Journal Entry

WHAT ARE SOME TRADITIONS YOU WANT TO KEEP
AND/OR START IN THE PRESENT AND/OR FUTURE?

Date:

Journal Entry

WHAT MAKES YOU, YOU?