Journaling Prompts - For self love and maintenance

Complete these journal prompts as an effort to spend time with yourself and take care of you mentally. You can answer each of the prompts for morning and night, or choose your favourite 3 or 4 to answer if 6 is too many at first. Remember that taking careof yourself *is* productive.

Morning:

What is something I can do to make today better than yesterday?

What are 3 things I am grateful for right now?

What are 3 things you are proud of?

What is your goal (long-term or short-term)?

List 3 things you want to accomplish today.

Make an affirmation (or more) and repeat it 10 times to yourself.

Night:

How did you feel today?

What were the highlights of the day?

What did I learn today?

What did I struggle with and how did I overcome it?

Did you do your best today? If not, how could you do better tomorrow?

What mindset do I want tomorrow?