

January Journal Prompts

1. What do I love most about my body and why?
2. What are 3 things I am grateful for today?
3. What habit would I like to develop for February?
4. What am I looking forward to today?
5. What is 1 thing I cannot live without?
6. What did I do today that I'm proud of?
7. What are my strengths and weaknesses?
8. How do I communicate boundaries in my relationships?
9. If I could live anywhere in the world, it would be...
10. What are some moments of peace or calm today?
11. How do I define success and how can I achieve it?
12. How can I prioritize self-care today?
13. What is my love language?
14. What are my biggest fears and how can I work to overcome them?
15. Who are 3 people I am grateful to have in my life?
16. How can I reframe a negative situation?
17. How do I hold myself accountable for my actions?
18. What are some ways I can celebrate my body in its current state?
19. What decisions am I facing right now?
20. How would my life change if I won the lottery?
21. How can I make tomorrow better than today?
22. What steps can I take to maintain a healthy work-life balance?
23. What new experiences do I want to try this year?
24. How do I judge others and why?
25. What is 1 thing I can do to help someone else today?
26. How can I embrace constructive criticism?
27. What parts of myself do I hide?
28. How can I be more open to new ideas and perspectives?
29. What is the best gift I have ever gotten and why?
30. What life experiences have shaped who I am today?
31. What was the most fun thing I did today?



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