

Daily Prompt Journal



How To Use This Journal

Coming up with things to write about in your journal can sometimes be difficult – especially if you're looking for topics that force you to look into yourself more deeply. That's why journal prompts are so wonderful!

They help get the mind churning, giving you a chance to think about a specific topic and write about the feelings that come up surrounding the idea.

1. **Focus on your feelings.** One of the most useful ways to use mindfulness journal prompts is to focus on how the prompt makes you feel. Exploring your feelings surrounding the topic of the prompt is a great way to focus inward and think more deeply.
2. **Write the first thing that comes to mind.** Open-ended journal prompts give you a chance to use your instincts to think more deeply. As you read the daily prompt, write the first thing that comes to mind when you finish the sentence. After exploring your initial response, you can think more deeply about the feelings associated with that gut reaction.
3. **Let your mind wander.** After considering your initial reaction, try letting your mind wander to fully explore your thoughts and feelings surrounding the prompt. As you think, write down the thoughts that come to mind. A stream-of-conscious journal entry can help you uncover hidden feelings you may not even know you have.

Whether you're new to journaling and need help getting started or you're a journaling pro who needs inspiration, using journal prompts is a great idea! With these journal prompts, you'll have writing inspiration for the month.



Daily Journal

Today, I am grateful for...

I am most proud of myself for...



Daily Journal

I forgive myself for...

I am most happy when I am...



Daily Journal

My three favorite people are ____ because...

If I could change one thing about my life, I would change...



Daily Journal

I forgive myself for...

If my body could speak, it would tell me to...



Daily Journal

I feel the strongest when I am...

I love myself because...



Daily Journal

I am capable of...

I feel joy when I...



Daily Journal

I am most inspired by...

I can practice more patience when...



Daily Journal

I was courageous this week when I ...

I am most energized when I...



Daily Journal

I listened best to my intuition when I...

I could take better care of myself by...



Daily Journal

I am grateful for my job because...

I see my value in...



Daily Journal

I need to be truthful with myself about...

My goals for today (this week, this year) are...



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I want to improve my...

I would tell my teenage self...



Daily Journal

My perfect day would consist of...

Tomorrow, I want to accomplish...



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When I picture my future, I see...

When I close my eyes at night, I think about...



Daily Journal

I want to be remembered for...

I love myself because...



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