

10 Journal Prompts

What is flexibility for you?

Write about the last time you laughed really hard.
What was so funny?

Reflect on this quote: "Stay committed to your decisions,
but flexible in your approach." Tony Robbins

How do you define success? Is this definition attainable,
and if not could you try redefining what it looks like?

Who is a source of wisdom or inspiration for you?

Describe a time when you discovered beauty where you didn't
expect it.

What's one thing you can do today that will make tomorrow
easier?

I am incredibly grateful for...

I am most stressed when... What is one action you can take to
alleviate this?

Describe your perfect rest and relaxation day. When can you
schedule it in your calendar?