



TAPINTU

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# Journal Prompts

Write a little every day...

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## The Benefits of Journaling

Journaling is an excellent tool for improving your ability to be self-reflective, and ultimately your self-awareness. Areas that can be positively impacted through the practice of journaling include (but are definitely not limited to):

- ❖ mindfulness
- ❖ clarity
- ❖ creativity
- ❖ self-discipline
- ❖ perspective
- ❖ values clarification
- ❖ healing
- ❖ responding vs reacting
- ❖ anger management
- ❖ confidence
- ❖ emotional intelligence
- ❖ goal clarification
- ❖ problem solving
- ❖ memory
- ❖ appreciation for others' perspectives

## Some Articles About Journaling

The More Senior Your Job Title, the More You Need to Keep a Journal (Harvard Business Review: <https://hbr.org/2017/07/the-more-senior-your-job-title-the-more-you-need-to-keep-a-journal>)

The #1 Productivity Tool You Aren't Using (Forbes: <https://www.forbes.com/sites/dorieclark/2012/05/01/the-1-productivity-tool-you-arent-using/>)

10 Surprising Benefits You'll Get from Keeping a Journal (Huffington Post: [https://www.huffingtonpost.com/thai-nguyen/benefits-of-journaling-b\\_6648884.html](https://www.huffingtonpost.com/thai-nguyen/benefits-of-journaling-b_6648884.html))

A Daily Writing Habit Allows You to Become the Author of Your Life Story (Srinivas Rao via Medium: <https://medium.com/the-mission/a-daily-writing-habit-allows-you-to-become-the-author-of-your-life-story-264a0b8abe9b>)

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## Instructions

Each day, set aside 7 minutes when you can sit quietly without being interrupted (more is fine, 7 minutes is enough to get started). Take 2 minutes to just sit and breathe. Whatever thoughts come into your mind are fine, just let them be — no need to try to get rid of them, or direct them towards anything specific. Just sit and breathe, and notice. (At first, you may be amazed at how long 2 minutes can feel!)

At the end of 2 minutes, turn to any page in this document and start writing, using the prompt to get started. For 5 minutes just let it flow. Write whatever comes to you. Ignore any concerns about spelling, grammar, or punctuation... just keep writing for 5 minutes.

At the end of 5 minutes, stop writing. If you feel like it, and have another couple of minutes during which you won't be interrupted, you can read over what you wrote. If you wish, you can jot down a couple of final thoughts.

That's it.

This is about getting in the practice of taking some time for yourself, being reflective, and just allowing what's there, in the moment, to come out. Notice, over time, how the process changes for you, how what you write changes, even how doing the practice changes your day.

Pick one day each week as a "review" day — spend your 5 or so minutes reading what you've written in the previous week instead of writing. If you can spend more than 5 minutes, take a few to jot down some observations about what you've just read.

Over time, you can increase the amount of time you spend journaling each day, up to about 20 minutes (much longer than that and it's becoming something else).

Some days you may find there's something on your mind about which you feel strongly drawn to write — go with it! The prompts are here to help you get started, not to tie you to an arbitrary starting point each day.

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If you wish, you can access the online version of the journal prompts here:

The online version will allow you to generate a random prompt each time. You can then type in your reflections online, or you can simply use the prompt to get started with your writing in a physical journal. The online version also has a handy timer you can set to let you know when your writing time is up.

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**Love is...**

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**I believe...**

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**I love it when...**

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**I wish I had...**

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**What inspires me most is...**



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**I hate it when...**

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**I know for sure...**

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**I am...**

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## Other people...

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**I think...**

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## When I pay attention, I...

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**I'm most happy when...**

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**Who am I, *really*?**



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**Joy is...**

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**What I am feeling now is...**

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**I experience peace when...**

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## Creativity...

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**My future is...**

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**If I could do *anything* for the rest of today, I would...**

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**Peace of mind...**

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## The best things in life...



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**Once upon a time...**

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## Nature...

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**The things that give me pleasure are...**

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## My best friend...

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## **My greatest strength...**

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**If only...**

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**I know I could do better at...**

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**The gift I bring to the world...**



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**I always laugh...**

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**I am grateful to/for...**

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**I would like to improve...**

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**I find it challenging...**

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**One of my favorite memories...**