

# MINDFULNESS JOURNALING

## **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.

## **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 following prompts, 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.

## **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. By journaling in an authentic, non-judgmental manner, your entries can help you explore feelings and thoughts you were not aware of!

**TODAY, I AM GRATEFUL FOR...**

**I AM MOST PROUD OF MYSELF FOR...**

**I FORGIVE MYSELF FOR...**

**I AM MOST HAPPY WHEN I AM...**

**MY THREE FAVORITE PEOPLE ARE \_\_\_ BECAUSE...**

**IF MY BODY COULD SPEAK, IT WOULD TELL ME TO...**

**I FEEL THE STRONGEST WHEN I AM...**

**I LOVE MYSELF BECAUSE...**

**I AM CAPABLE OF...**

**I FEEL JOY WHEN I...**

**I AM MOST INSPIRED BY...**

**I CAN PRACTICE MORE PATIENCE WHEN...**

**I WAS COURAGEOUS THIS WEEK WHEN I ...**

**I AM MOST ENERGIZED WHEN I...**

**MY BEST QUALITY IS...**

**I APPRECIATE MY FAMILY BECAUSE...**

**I LISTENED BEST TO MY INTUITION WHEN I...**

**I COULD TAKE BETTER CARE OF MYSELF BY...**

**I AM GRATEFUL FOR MY JOB BECAUSE...**

**I AM SO BLESSED TO BE ABLE TO...**

**I CAN'T WAIT TO...**

**I CAN FOLLOW MY PASSION BY...**

**I AM GOING TO TRY TO BE BETTER AT...**

**I AM GOING TO TRY TO BE BETTER AT...**

**I AM ABLE TO LET GO OF...**

**I AM MOST IN TUNE WITH...**

**I ALLOW MYSELF TO FEEL...ABOUT...**

**I SEE MY VALUE IN...**

**I NEED TO BE TRUTHFUL WITH MYSELF ABOUT...**

**I BELIEVE IN...**

**MY GOALS FOR TODAY (THIS WEEK, THIS YEAR) ARE...**

**MY FAVORITE MOVIES ARE...**

**I CAN STRENGTHEN MY RESOLVE BY...**

**I NO LONGER BELIEVE IN...**

**I WANT TO IMPROVE MY...**

**MY FAVORITE BOOKS ARE...**

**I WOULD TELL MY TEENAGE SELF...**

**MY PERFECT DAY WOULD CONSIST OF...**

**MY DREAM VACATION IS...**

**I WANT TO LEARN HOW TO...**

**TOMORROW, I WANT TO ACCOMPLISH...**

**I HAVE CHANGED BY...**

**MY FAVORITE MANTRA IS...**

**MY VISION FOR MY LIFE IS...**

**WHEN I PICTURE MY FUTURE, I SEE...**

**WHEN I CLOSE MY EYES AT NIGHT, I THINK ABOUT...**

**I CAN MAKE BETTER USE OF MY TIME BY...**