



50 Mindfulness Journal Prompts

1. What am I looking forward to today?
2. If I wasn't afraid, I would...
3. Today I am grateful for...
4. I was proud of myself this week when...
5. I could take better care of myself by...
6. My favorite season is...because...
7. I can't wait to...
8. If I had extra time in my day I would...
9. I want to make more time to...
10. My 3 favorite smells are...because...
11. If I came with instructions, they would read...
12. If I could relive the best year of my life, it would be...
13. The thing that scares me the most is...
14. My favorite part about my home is...
15. When I close my eyes, I hear...
16. The last time I laughed so hard I cried was when...
17. My best friend is...because...
18. The last time I went on social media I felt...
19. My body feels...
20. I would tell my future self these 3 things...
21. The family member I miss most is...
22. My biggest pet peeve is...
23. The biggest challenge I am facing right now is...
24. The biggest challenge I have overcome is...
25. My top 3 favorite books are...



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26. The biggest risk I ever took was...
27. The 3 ways I will practice self care this week are...
28. If I pushed myself out of my comfort zone, I would...
29. The last night I felt like I got enough sleep was...I think it was because...
30. If I were going to try 3 new things, they would be...
31. My favorite food is my favorite because...
32. The one good reason to keep journaling is...
33. If I could learn a new skill, it would be...
34. The best thing about me is...
35. The 3 things I can do to practice mindful eating are...
36. The thing I love most about my everyday life is...
37. The life goals I am working on are...
38. The people in my life who support me best are...
39. My favorite quote is...
40. The most inspirational place I have been was...
41. 3 good things about my day today were...
42. If I had a time machine, I would go...
43. Living my best life feels like...
44. I would tell my younger self...
45. The 3 ways I can express gratitude this week are...
46. The best part of today was...
47. The toughest part of today was...
48. A person who has had a positive effect on me is...
49. I will focus on supporting my emotional health by...
50. I had the best time when I was...