



Mindset Glow-Up Journal Prompts

How to Journal

1

Sit down in a comfy place.

2

Pick a prompt or two and set a timer for 5 to 30+ minutes.

3

Open your journal and write whatever comes to mind. Forget grammar and spelling – you could even list bullet points. All you need to do is be honest.

4

Congratulate yourself on doing something positive for your well-being!

Mental Well-being Prompts

List 5 wholesome things that always bring you peace or comfort.
How can you bring one into your day tomorrow?

List small achievements or tasks you accomplished yesterday or today.

Write a letter to your younger self. What advice or messages would you include?

Write about a time you helped someone else. How did it make you feel?

What activities or hobbies made you lose track of time when you were young?
How can you bring at least one of them into your life now?

What have you done this past week that you are proud of?

What simple things make you happy?

If you could have a superpower for a single day, what would it be and
what would you do?

What are you looking forward to in the next week? Why?

Is there something you need to do that you have been avoiding?
How will you feel once it's done? What would help you get it done?

Write down a difficult experience from your past and reflect on what it
taught you and how it positively shaped you.

If you magically became a wealthy philanthropist, what causes
would you most want to support? Why?

See also: Gratitude Prompts

Gratitude Prompts

List three things you are grateful for today and why.

What was the most positive interaction you had today?

Write about the 3 best things that happened to you this week or this year.

Write about a place that makes you feel thankful to be alive.

Write about a person who has positively impacted your life.
What have they taught you?

What is something small that brought you joy recently?

Describe a challenge that turned out to be a blessing in disguise.

What are some of the most beautiful things you've ever seen?

What are you thankful for about your health?

Who in your life inspires you, and why are you grateful for them?

What everyday comfort (like a warm bed or hot shower) are you most grateful for?

Write about 1 - 2 things that made you smile this week.

Stress Relief Prompts

Free your mind: write out all your feelings about something that has been weighing on you. Exaggerate, swear, get it all out. (Feel free to throw away these pages when you're done.)

Where do you feel stress in your body right now? What is the sensation?
What is the shape of it? If it were a colour, what colour would it be?

When you visualize a calm and stress-free version of yourself, what does that look like and what is different?

What is one thing you can let go of (a task, a worry, an obligation) to reduce your stress?

What could go right in this situation? Make a list using your wildest imagination – it doesn't need to sound realistic.

What is a small, manageable step you can take today or tomorrow toward resolving a key source of your stress?

Dreams and Goals Prompts

What is one thing you deeply desire, and what step can you take tomorrow toward achieving it?

What does your ideal day look like? What is one thing you can do to make your daily life look more like this?

List 3 short-term goals you want to achieve. Pick one and write out a plan for accomplishing it.

Write down 3 long-term goals. Pick one and write out a plan for accomplishing it.

Are any fears slowing you down? Why is it worth it to you to push past your fears to achieve your goal/dream?

Are your current goals and dreams aligned with your most cherished values? Do any goals or dreams need an upgrade?

Write about your dream vacation and start planning it. Where will it be? How many days? What will you do?

Are there any obstacles standing between you and your goal/dream? Try exploring solutions with a Problem-Solving Prompt.

Problem-Solving Prompts

How would a calm, centered “future you” advise you to handle this situation?
Write out an imaginary conversation where you ask your future self for advice.
Make it up and see what unfolds.

Break the problem down into tiny, manageable steps. Is there a step you can take today?

Brainstorm a list of possible solutions to the problem – don’t censor yourself or worry about being realistic. When you see from different perspectives, new ideas can arise.

Who would understand what you’re going through and have helpful advice?
Do you know anyone who has gone through a similar experience?

If you didn’t care about impressing other people, what would you do in this situation?

Have you faced a similar challenge in the past? Was there anything you learned that you could apply here?

Right now, what option feels best to you? How does it make you feel?
