



# JOURNAL PROMPTS

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**These journal prompts are ideas to help you have an idea on what to write about each time you journal.**

Self struggles  
Self love  
Inner healing  
Weaknesses  
Self battles

Your mind  
Your thoughts  
Your experiences  
Your triggers  
Your low points

Family  
Friends  
Career  
Talents  
Personal dev

Relationship  
Finances  
Therapy  
Stress  
Anxiety