

# 30 daily journal *prompts*

Pick one prompt a day and write for five minutes without stopping. No rules, no one reading. For an easy start, try the evening prompts: writing what went well and why is one of the most tested journaling habits there is.

## MORNING

1. What would make today a good day?
2. What's one thing I'm looking forward to?
3. How do I want to feel today, and what will help?
4. What's the one task I'll do first?
5. What would the best version of me do today?

## EVENING

1. What went well today, and why?
2. What drained my energy today?
3. What did I learn about myself?
4. What am I letting go of before bed?
5. What's one thing I'll do differently tomorrow?

## GRATITUDE

1. Three small things I'm grateful for today.
2. Someone who made my life easier this week.
3. A part of my body I'm thankful for, and why.
4. Something I have now that I once wished for.
5. A place that makes me feel calm.

## SELF-LOVE

1. What do I like about who I am right now?
2. What would I say to a friend feeling how I feel?
3. A compliment I find hard to accept, and why.
4. Where do I need a boundary?
5. What did I do this week that I'm proud of?

## OVERTHINKING

1. What's on my mind? Write it all, then circle one thing I can act on.
2. What's the worst, best and most likely outcome?
3. What's in my control here, and what isn't?
4. Will this matter in a year?
5. What do I need right now: rest, action or support?

## FUTURE SELF

1. Describe a normal day for me one year from now.
2. What habits does future me have that I don't yet?
3. What am I ready to stop doing?
4. One goal for the next 90 days and the first step.
5. A letter from future me to me today.

## TODAY'S PAGE

## Today's *prompt*

Date \_\_\_\_\_

### Prompt

### 3 GOOD THINGS TODAY

## Journal every day in Habpic

Clear Mind has a 5-minute journal habit, daily prompts and a private space that never gets shared.

Search “Habpic”  
App Store · Google Play