

# 30 Journal Prompts

1. What does your dream life look like?
2. What does your ideal day look like?
3. What are you most proud of yourself for?
4. Where do you see yourself in 6 months? A year? 5 years? 10 years?
5. What are your daily habits?
6. Does your morning routine support your dream life?
7. What are 3 things you're grateful for?
8. If you couldn't fail, what would you do?
9. How do you spend your Sundays?
10. What do you need more of in your life?
11. How have you changed in the last 5 years?
12. If someone else described you, what do you think they'd say? Why?
13. What is success to you?
14. What habits do you need to develop or change?
15. What are 3 things you currently have that you used to wish you had?
16. What are 10 things you love about yourself?
17. What activities set your soul on fire?
18. What kind of person do you want to become?
19. Write down 3 goals you want to achieve by the end of the year and what you've been doing to get there.
20. Write down 3 inspiring quotes.
21. Write a letter to your future self.
22. What are you afraid of?
23. What drains your energy?
24. How do you take care of yourself?
25. What are you good at?
26. What is the best piece of advice you've ever received?
27. What does your self-care routine look like?
28. What is one thing you look forward to? Why?
29. What has been going well in your life lately?
30. How can you support yourself more?

# Journal Prompts For Adults

**Grand Journals**



## **Journal Prompts For Adults:**

*Writing Prompts for Adults* Emerson Hooper, 2020-04-02 What is Your Favorite Childhood Memory What is Something You Recently Discovered About Yourself Where Do You Want to Be in a Decade from Now Are you ready to answer these questions and rediscover yourself If you are reading this then you already know that expressing your deepest thoughts fears ambitions and dreams can help improve your health boost your memory and avoid negative thoughts However finding a prompt book that will allow you to discover the most well hidden parts of your personality and allow you to discover who you are is not as easy as it sounds Until now Here s How You Can Write Your Way To Inner Balance Self Discovery Created by Emerson Hooper this comprehensive journal with prompts is here to spark your creativity imagination and writing talent Unlike other writing prompts journals this well organized daily prompts book features Inspirational Fun And Realistic Writing Prompts Broken Down Into Categories Chapters Introspective Questions That Will Allow You To Dig Deeper Challenge Yourself Self Discovery Prompts About Your Past Present And Future And the best part You can find 365 questions and writing exercises one for each day of the year Know Yourself Learn From The Past Find Your Purpose In Life One Day At A Time By the end of this motivational writing prompts book you will be able to Understand Yourself Better Leave Negative Habits In The Past Find The Hidden Meaning In Your Life Through Expressive Writing Stimulate Different Ways Of Thinking Based On Your Experience Ignite Your Creativity Find Balance In Your Life Reflect On Your Past Use Your Present As A Beacon For Your Future I Have Never Tried Keeping A Journal Is This Book For Me Remember your goal is to improve your life and know yourself not win a Nobel prize You do not need any previous experience or a Master s Degree in Literature and Creative Writing in order to express yourself Write from your heart be honest and you will be able to reap the fruit of your efforts one day at a time What Are You Waiting For Click Add To Cart Embark On The Life Changing Journey To Self Discovery Today

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[300 Writing Prompts](#) Subha Malik, 2018-02-27 Suitable for both men and women 300 Wing Prompts is an interesting and inspiring journal of self exploration self help It comes with 300 thought provoking writing prompts for

adults to help them dig deeper inside them This amazing writing prompt journal is a combination of writing prompts for writers writing prompts for self discovery and writing prompts for teens My previous writing journals Inside this writing journal you will be greeted with a lot of inspiring and fun questions all aimed at self help and self exploration The journal writing prompts inside this journal are crafted in such a way to make you think about yourself in a new and refreshing way hence you will gain a deeper understanding of your inner kid while having fun On the whole the questions and writing prompts within this unique journal are meant to provide you with a simple yet a fun pastime Just go to your favorite place and turn the page to your next thought provoking writing prompt or question The Writing Prompt Journal 21

Exercises,2018-12-19 AN INSPIRATION MAGNET TO SKYROCKET SELF ESTEEM This Self Discovery Journal provides more than 200 thoroughly unique enjoyable writing prompts Skyrocket your self esteem develop your creativity and explore all area s of life Writing Prompts about your love life Writing Prompts to better deal with social anxiety s Writing Prompts for finding empowering strategies to deal with worries stress and failures And much much more CREATIVE WRITING AT YOUR OWN PACE FOR MAXIMUM BENEFIT This beautifully designed writing prompts journal can be used at your own space to give you the maximum benefit Furthermore there are wisdom quotes throughout this writing prompt journal to motivate you when you feel a lack of inspiration Discover your best self now scroll up to buy your own Writing Prompts Journal Zen Journaling Method The writing prompts in this Self Discovery journal are designed as writing prompts for adults but are also fit as writing prompts for teens Given the nature of the writing prompts this journal also perfectly fits as a self esteem workbook Furthermore this Daily Journal for Women Men is perfectly compatible with other self help books or self help methods It s both a journal to write in for women and a journal to write in for men 21 Exercises has also created other self help journals including writing prompts journals creative writing prompts and 90 Days Self Discovery Journals to write in for women men To get the most benefit out of The Writing Prompt Journal it s advisable to set out a particular Zen Journaling time each day 5 to 10 minutes For example in the morning or before you go to bed **Creative Writing Prompts for**

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writing time is for you Additional Details Cover Premium Glossy Finish Size 6 x 9 inches Easy to carry around Pages 182 Pages Paper High grade White Paper **Write More, Worry Less** Grand Journals,2020-01-11 Writing a Journal will be one of the most rewarding decisions you would have ever made in your life to kick start your passion for writing There are 180 thought provoking prompts in this book to keep you creative and motivated These prompts will help you sharpen your writing skills and inspire you to write better Writing one prompt a day in this book should keep you going for 6 months Remember this Writing Journal is a place just for you and your imagination Let it take whatever shape works for you Try making it a daily practice by adding it to your morning or evening ritual so that it becomes a habit Try picking a specific time of day that it gets done every day In case Writer s Block strikes you Just take one prompt and start writing The more you do it the easier it gets There is no particular order in which you should do them Follow your heart Choose any prompt where you feel like writing about Write about it as often as you like If you only use one prompt over and over again that s fine If you don t want to write about another one that s ok too This writing time is for you Additional Details Cover Premium Glossy Finish Size 6 x 9 inches Easy to carry around Pages 182 Pages Paper High grade White Paper **The Year of You: 365 Journal-Writing Prompts for Creative Self-Discovery** Hannah Braime,2017-11-17 The Year of You is an invitation to discover more about yourself become more conscious about what you want and create a rich and fulfilling life through one journaling prompt a day With this book you can take the guess work out of journaling and use one writing prompt each day of the year to explore and unpack the most important aspects of your life and your being Each month you ll focus on one important area of your life January Identity February The Past March Environment April Fun May Career June Relationships July Growth August Money September Travel and Adventure October Health November Spirituality December The Future You can start in January June or November simply turn to today s date and start writing Whether you re new to journaling or have enjoyed a reflective writing practice for some time The Year of You offers a wealth of inspiration that will deepen your understanding and awareness of what makes you who you are **Self Discovery Journal for Teens and Young Adults** Gerald Confienza,2018-04-25 In the world of mass communication and information we re living it s getting increasingly harder to connect with ourselves Time spent before reflecting on our innermost desires and goals is being replaced by the scrolling down of our social media feeds Connections and relationships with others are diminished to simple exchanges of text messages Moments of self reflection and self discovery are replaced by reading countless 5 reasons you re a insert adjective here articles Deep in our hearts we re aware of this disconnect we re living but heck we don t know how to stop This journal is a remedy to that problem A very wise person Aristotle once said Knowing yourself is the beginning of all wisdom I couldn t agree more Knowing yourself can give you a better idea of what it is you want in life at this moment the kind of job you d like to have or if you d like one at all perhaps you re more entrepreneurially inclined what kind of trips you want to take what kind of activities you want to surround your life with what kind of friends you d like to have etc Knowing what it is you want

is the first step to its acquirement Self Discovery Journal for Teens and Young Adults 200 Questions and Writing Prompts to Find Yourself and the Things You Want to Do in Life is designed to reconnect you with yourself through daily fun and thought provoking journaling prompts All 200 questions found inside this self discovery journal will help you discover things about yourself in different areas of your life Also in every single page you will find a relevant quote filled with wisdom and optimism Welcome to this journal of you     *350 Fabulous Writing Prompts* Jacqueline Sweeney,1995 Contains 350 writing prompts for use in fourth through eighth grade classrooms grouped in sixteen categories with tips for the teacher     **If You Want to be Happy, Write** Grand Journals,2020-01-11 Writing a Journal will be one of the most rewarding decisions you would have ever made in your life to kick start your passion for writing There are 180 thought provoking prompts in this book to keep you creative and motivated These prompts will help you sharpen your writing skills and inspire you to write better Writing one prompt a day in this book should keep you going for 6 months Remember this Writing Journal is a place just for you and your imagination Let it take whatever shape works for you Try making it a daily practice by adding it to your morning or evening ritual so that it becomes a habit Try picking a specific time of day that it gets done every day In case Writer s Block strikes you Just take one prompt and start writing The more you do it the easier it gets There is no particular order in which you should do them Follow your heart Choose any prompt where you feel like writing about Write about it as often as you like If you only use one prompt over and over again that s fine If you don t want to write about another one that s ok too This writing time is for you Additional Details Cover Premium Glossy Finish Size 6 x 9 inches Easy to carry around Pages 182 Pages Paper High grade White Paper     *Screw It, Just Write* Grand Journals,2020-01-11 Writing a Journal will be one of the most rewarding decisions you would have ever made in your life to kick start your passion for writing There are 180 thought provoking prompts in this book to keep you creative and motivated These prompts will help you sharpen your writing skills and inspire you to write better Writing one prompt a day in this book should keep you going for 6 months Remember this Writing Journal is a place just for you and your imagination Let it take whatever shape works for you Try making it a daily practice by adding it to your morning or evening ritual so that it becomes a habit Try picking a specific time of day that it gets done every day In case Writer s Block strikes you Just take one prompt and start writing The more you do it the easier it gets There is no particular order in which you should do them Follow your heart Choose any prompt where you feel like writing about Write about it as often as you like If you only use one prompt over and over again that s fine If you don t want to write about another one that s ok too This writing time is for you Additional Details Cover Premium Glossy Finish Size 6 x 9 inches Easy to carry around Pages 182 Pages Paper High grade White Paper     **Love is the Longing to Write** Grand Journals,2020-01-11 Writing a Journal will be one of the most rewarding decisions you would have ever made in your life to kick start your passion for writing There are 180 thought provoking prompts in this book to keep you creative and motivated These prompts will help you sharpen your writing skills and inspire you to write better Writing one prompt a day in this book

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500 Journal Writing Prompts: Categorized Journal Prompts for Self-Discovery, Life Reflections and Creating a Compelling Future MacKenzie Reed,2019-03-06 In 500 Journal Writing Prompts you get a vast selection of categorized pre written self discovery prompts for you to write out You can use the book as your journal to write in A great compilation with enough prompts to keep going Good categories for self discovery and for every mood Do you want to start journaling but don t know where to begin Are you lacking in motivation or inspiration but don t know why Do you want to get direction and set exciting goals Would you like to not run out of ideas and inspiration Are you busy in life and would you like easy access to a successful journal writing routine Look no further because it s all in this vast collection of prompts for memories emotional healing personal development creating a future you love and much much more In the book you will also be introduced to useful tips for journaling and how to use journal prompts to your advantage Anybody can feel stuck and in need of inspiration to get started or proceed with their journaling With these 500 thought provoking prompts you will be sure to find what you need to fill you journal with remarkable self discovery Categories Memories Daily Reflections Weekly Reflections Confessions Mindfulness Your Favorites Morals and Ethics Happiness Gratitude and Appreciation Rituals Write a Letter Spirituality Personal Development Dealing with Emotions Quotes Relationship with Others You and Society Travelling Money and Finances Creativity Finding Your Passion Making a Life Vision Start Dreaming BIG *50+ Journaling Prompts To Open Your Heart, Mind, And Soul* Dazenmonk Designs,2019-05-09 A journal that will move you Move your SOUL Change you Create you to be the person you were meant to be These journal prompts will challenge you make you think make you believe in all the possibilities Plant seeds of greatness Live life on purpose There is power in writing down these types of thoughts Power And when you do it in such a beautiful place your very special journal you may find yourselves living exactly where you want to be Functional size 6x9 inch 15 24 x 22 86 cm dimensions the ideal size for all purposes fitting perfectly into your bag Great for taking notes at conferences or for simply jotting down ideas while travelling Reliable standards Book industry perfect binding the same standard binding as the books in your local library Tough paperback Crisp white paper with quality that minimizes ink bleed through The book is great for either pen or pencil users Journals and notebooks are the perfect gift for any occasion This Inspirational Journal would make a perfect gift to yourself or for your friends or colleagues Click The Buy Button At The

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**Supporting and Educating Traumatized Students** Eric A. Rossen,Robert V. Hull,2013 Combining knowledge of the



cognitive and behavioral effects of trauma evidence based interventions educational best practices and the experiences of veteran educators Supporting and Educating Traumatized Students A Guide for School Based Professionals presents a new framework for assisting students with a history of trauma     *Gratitude Journal | Writing Prompts for Adults | Grateful List*  
Hanna M.,Higher Ground Enterprises,2021-09-15 There is always something to be grateful for every day It can be as simple as being able to open your eyes in the morning or being able to read this journal notebook description A grateful journal helps you realize how much you have Many are focused on what they do not have Realizing how much you have helps to live a fulfilled life This gratitude journal features Grateful Writing Prompts Decorative lines pages 100 Pages The is the perfect gift for women men teens birthdays 12 step recover gift or for any occasion     You Will Never Understand Life Unless You Write  
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