

30 Journal Prompts for Emotional Awareness and Self Care

1. How do you feel right now? Reflect without judging.
2. Write down 5 things that make you smile. What words would you use to describe the feeling they give you?
3. When was the last time you laughed until you cried? What was so funny?
4. What are 3 things you are grateful for today?
5. How do you treat yourself when you've made a mistake? What could you do to start being kinder to yourself?
6. Describe a place that would make you feel totally calm and relaxed if you were there. Can you bring any details from that imaginary place into your real environment?
7. Think of a difficult situation you went through recently. What did you learn from it?
8. What is your unique emotional strength? For example, are you able to see the good in any situation? Are you empathetic? Do people compliment you on your kindness?
9. When was the last time you felt jealous of someone else? Why did you feel that way?
10. What are 3 things you love about your life currently and never want to change?
11. What are 3 things that scare you? What words would you use to describe the feeling of being scared?
12. What makes you feel in control? How can you promote more of that in your life?
13. Think about the last time you cried. What made you cry?
14. What can you do, practically, to slow down, make more time for self-care, and feel more present in your life?
15. How do you communicate your feelings to the people who care about you?

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16. How do you feel when other people accomplish great things? How can you replace envy with celebration?
17. Think about the last time you felt angry. Where did you feel it in your body? Do you think you'll notice when you feel this way again?
18. When was the last time someone misunderstood you? How did it make you feel? What would you say to them to help them understand?
19. What area can you improve in, emotionally? How can you work on developing it?
20. What is something people say about you that annoys you? Why? Do you agree or disagree with what they say?
21. How can you rest and recharge this week?
22. Are you holding on to any past regrets? How do you feel when you think about your regrets? What can you do to let go and move on from them?
23. Who are the people in your life who make you feel the most at ease? What do they do to make you feel that way?
24. What have you learned from your past mistakes?
25. What thoughts about the future make you feel worried? Do you think those things will actually happen?
26. What's a lie that you're telling yourself? What truth can you replace it with?
27. What do you do to calm yourself down when you feel anxious? What self-care practice can you add to your life to reduce anxiety?
28. Do you tend to absorb the emotions of the people around you? How can you set some boundaries to avoid this?
29. Write a list of the things you're good at. Do you feel confident in yourself?
30. How often do you experience joy, wonder, and appreciation in your life? What can you do to add more of this to your life?