



Journal Prompts

Your Journal is like your best friend, You don't have to pretend with it, you can be honest and write exactly how you feel

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Keeping a journal is a proven strategy for self-reflection. Everyone can benefit from keeping a journal. Don't get stuck in the Dear Diary mentality of your childhood; a journal is not just a record of daily events. It is a space for reflection and exploring your thoughts, thinking about your behaviour and what you could have done differently, a space for introspective learning and much more.

While you may choose to keep a purely professional journal, a truly inspiring and fulfilling life is one where all elements work in harmony. So treat your journal as a life and growth tool for all areas of your life.

SO, WHERE DO YOU START?

1. Buy a beautiful notebook with quality paper.
2. Set aside some time each day. It doesn't need to be long, but is important to establish a habit.
3. Write!

Don't worry if you aren't sure what to write. Journaling can feel a little strange when you first start.

We have compiled a list of ideas to get the most from your journal. You can stick these pages into your journal for inspiration, especially on those days when you don't really know what to write about.

Journal Ideas



- Read and reflect on an article or book
- Add a quote and reflect on what it means to you
- Reflect on teachings from spiritual or inspirational sources
- Brainstorm your own list of topics to explore
- Use sentence starters
- Ask yourself questions
- Create a mind map
- Write about events you attend and what you learned there
- Reflect on a photo or picture
- Reflective prompts about the day
- Use appreciative inquiry to identify your strengths and consider how you might apply them in your current situation
- Adopt a gratitude focus
- Set goals and reflect regularly about how you are progressing towards achieving them
- What went well, even better if . . .
- Listen to and reflect on your learning from Ted talks and Podcasts
- What are the positives, minuses and interesting thoughts about a challenge you are facing
- Reflect on the benefits of keeping a journal – what benefits are you noticing and what are you learning about yourself?



Journal Sentence Starters

- I am grateful for . . .
- I see potential in . . .
- I am challenged by . . .
- If I could change one thing, I would . . .
- I have learned . . .
- I was inspired by . . .
- Today I showed authentic leadership when . . .
- My values were in action when . . .
- Being on the balcony helped me to see . . .
- I am growing in . . .
- A significant person in my journey has been . . .
- In the future I would like to . . .
- I admire . . .
- A quote that means a lot me . . .
- Looking back, I can see that . . .
- I am wondering about . . .

