

the inspired stories

APRIL JOURNALING PROMPTS

for calm & happy thoughts

1. List simple things that bring you joy.
2. How do you feel right now?
3. What story will you tell yourself every morning when you wake up?
4. What advice would you give your 13 year old self?
5. What makes you feel healthy? Mind and body?
6. What is the favourite place you've ever been to? Describe in detail what you love about it.
7. When was the last time you did something for the first time? How did it make you feel?
8. What makes you feel proud of yourself?
9. What do you want most in life?
10. What is your biggest takeaway from the last month?
11. Person you look up to most? Why?
12. What positive things have you discovered about yourself recently?
13. What is the most beautiful thing you've ever seen?
14. What are some acts of kindness that you can do for others? Plan on how to make it happen.
15. What does "love" mean to you?
16. How can you rejuvenate your space?
17. Is it important for you to grow as a human being? How does this growth look for you?
18. What highlight will you tell your grandchildren about?
19. List ways you can take care of yourself this week.
20. What does a fulfilled and happy life look like for you?
21. What do you need more of in your life?
22. What would you like to learn more about?
23. What are some things/activities that make you feel peaceful?
24. What would you want your life to look like in 10 years?
25. Who is your favourite character from a book or a movie? What do you like about them?
26. What are some interesting facts about you?
27. Do you need to declutter, physically or emotionally?
28. Describe the view from your window.
29. What answers are you seeking at the moment?
30. What are you grateful for today?

