



20 Daily Journal Prompts

- How are you feeling about today?
 - How have you been feeling this past week?
 - Who has been on your mind the most and why?
 - What has made you happy today?
 - What's made you sad today?
 - What has been your highlight of the day?
 - What has been a low point today?
 - What can you do to help you feel better mentally?
 - What are you most thankful for today?
 - A favourite quote or something memorable someone said to you
 - What's made you anxious?
 - What have you found yourself unable to stop thinking about today?
 - What are you looking forward to?
 - What have you learnt today?
 - What would you like to do different tomorrow?
 - Have you done something today you're proud of?
 - What song have you heard today that you loved?
 - How are you feeling about your friends and family?
 - What has helped you get through the day?
 - How is your physical health?
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