



JOURNALING PROMPTS

~JOYFULLY
HADIZA



SELF IMPROVEMENT

Become the best you with these journaling prompts



1

What are some skills you've always wanted to learn or topics you've always wanted to explore?



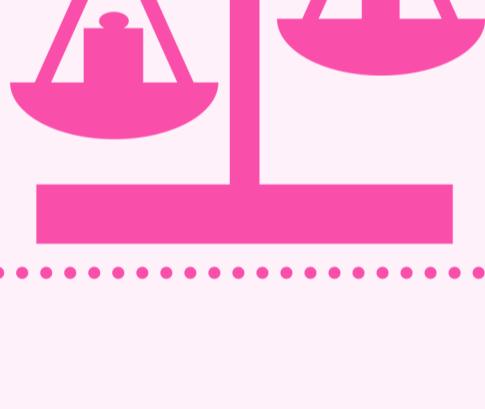
2

What can you do today that'll help you achieve your long term goals?



3

What things do you need to let go of to live your best life?



4

What does your ideal life look like? How does your present life compare?



5

What are you good at? How can you get better?



6

What bad habits do you need to work on?



7

What are your biggest time wasters?

INTENTIONAL LIVING

Start your journey to intentional living
with these journaling prompts

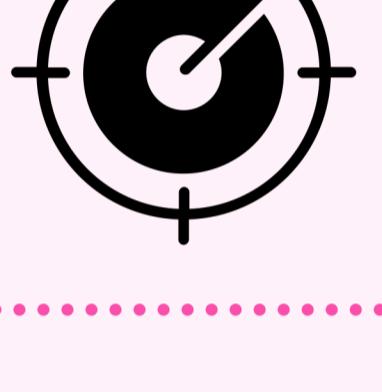


1

What do you want to achieve today?

2

What makes your body feel energized and refreshed? How can you do more of that?



3

What are your core values and do your current goals align with them?

4

What does living intentionally look like to you?



5

What relationships are no longer serving you and how can you begin to detangle yourself from them?

6

What regrets do you have from last week? And how can you ensure you don't have regrets this week?



7

When do you feel the most supported?

MENTAL HEALTH

Prioritise your mental health with these journaling prompts



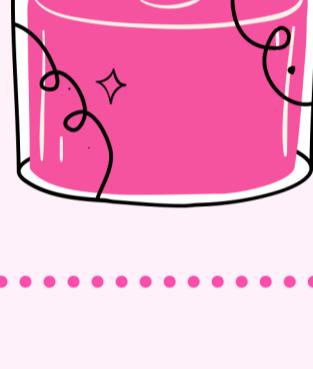
1

How was your day?
(Be as descriptive as possible.)

2

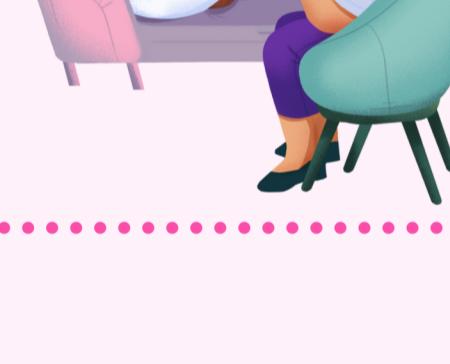
What are you most grateful for today?

GRATEFUL



3

What does self care mean to you and how can you incorporate it into your daily routine?



4

What are some of your coping mechanisms?



5

What would have made today better and how can you ensure tomorrow is great?

6

What does a perfect day look like to you? (How did you spend it and with who?)

100



7

What was the best part of today?



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SELF DISCOVERY

Get to know yourself better with these journaling prompts

GRATEFUL

1

What 10 things are you most grateful for in your life?

2

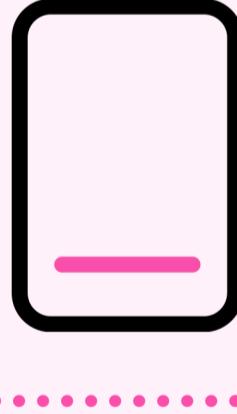
Whose approval do you want most and why?



3

You're at your happiest when...

4 When you think about the future are you scared or excited? What aspects exactly are you scared/excited about?



5

What activities drain your energy the most and what activities replenish your energy?

6

If you couldn't fail, what would you do today/this week/this month?



7

What are your biggest pet peeves?

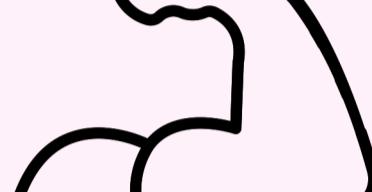
PRODUCTIVITY

Unleash your productivity with these journaling prompts



1

What task can you accomplish that'll make you feel the most productive today?



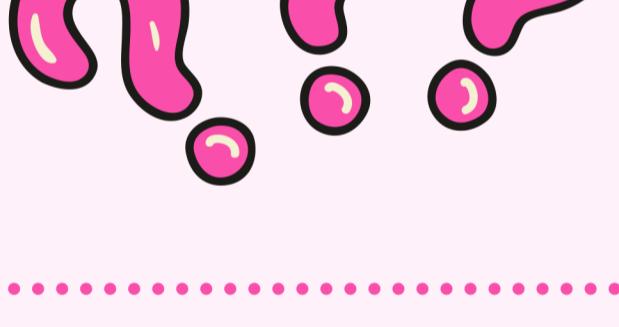
2

When do you feel most productive? How can you ensure this happens frequently?



3

How can you use your time more wisely today/this week/this month?



4

What is distracting you and how can you minimise this distraction in your life?



5

What would a productive day look like?



6

What things can you do today that'll bring you closer to achieving your long term goals?

7

Today

What is a top priority item that you need to get done today?

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BONUS

What do you feel like you need the most right now and how can you meet that need?

What challenge did you overcome recently? How can you properly give yourself a pat on the back?

What quotes/music inspire you and why?

What made you sad today?

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