

Create New Journal Prompt

type prompt category

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SUBMIT

July 13, 2024

Write about a past event that still affects you emotionally. Explore your feelings about the event and consider how you might reframe your thoughts about it.

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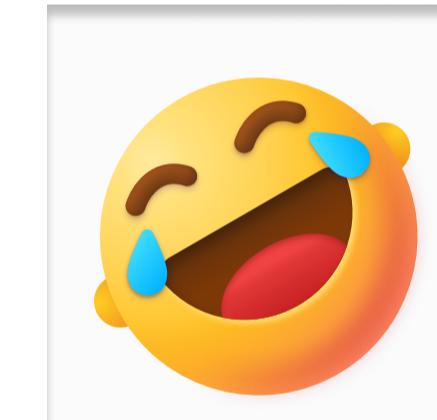
Think of a situation in which you felt angry or frustrated. Write about your thoughts and feelings, then consider how you might express those emotions in a healthy way.

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What are some alternative, more balanced, and rational perspectives that you could have?

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How Do You Feel?



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Gratitude

What are three things that you are grateful for today, and why?

Think about a challenge or difficult situation you've overcome in the past. Write about what you learned from the experience and how you are grateful for the growth it brought you.

Think about someone who has made a positive impact on your life. Write about how they have influenced you and why you are grateful for them.

What are three things about yourself that you are grateful for, and why? This can be anything from your personality traits to your accomplishments.

What are three small things in your daily routine that you are grateful for, and why?

Think about a moment of kindness that someone has shown you recently. Write about how it made you feel and why you are grateful for their gesture.

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Gratitude

Write about things you're grateful for each day, people who have impacted your life positively, and moments of joy.



Relationships

Write about your relationships with friends, family, partners, or coworkers, and reflect on your communication style, boundaries, and growth in these relationships.



Reflection

Write about your thoughts and emotions on a particular event or experience, personal growth, and life lessons learned.



Mindfulness

Write about your mindfulness practices, meditation, or simply reflect on your thoughts and emotions in the present moment.



Self-discovery

Explore your values, beliefs, and personal goals, your strengths and weaknesses, and your passions and interests.



Goal-setting

Write about your short-term and long-term goals, how you plan to achieve them, and what obstacles you might face.



Health and wellness

Write about your physical and mental health, your fitness journey, your diet and nutrition, or your daily self-care routine.



Inspiration

Write about people or things that inspire you, things that motivate you, or quotes that resonate with you.

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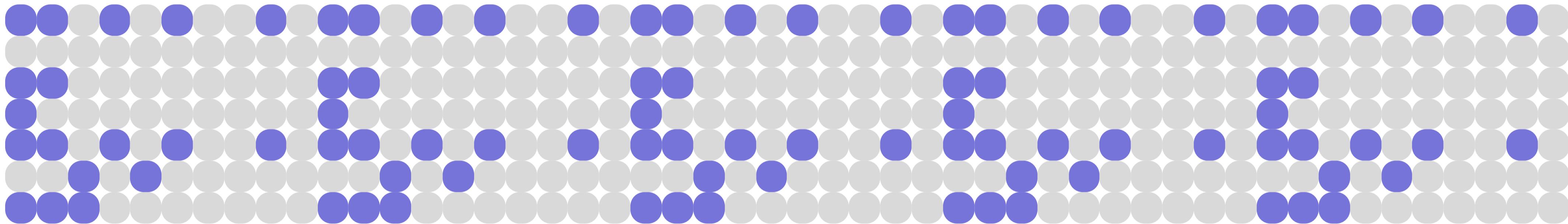
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Register

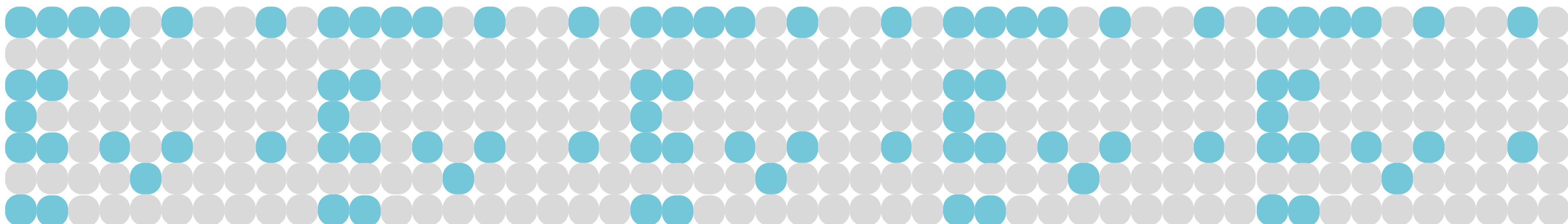
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"Happiness Is Not A Station You Arrive At, But A Manner Of Traveling."



[EDIT PROMPT](#)

What are three things that you are grateful for today, and why?

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March 01, 2021

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