

Daily Journal Prompts

Date _____

Gratitude

What are three things I'm grateful for this morning?

Mindful Reflection

How am I feeling right now and why do I think I feel this way?

Positive Affirmations

What are three positive affirmations to remind myself of today?

Daily Intentions

What is one intention I want to set for today?

Personal Growth

What is one small action I can take today to move closer to my goals?
