

Journal Writing Prompts - A List of Choices.

- How can I get more stillness, solitude and peace in my life?
- Today I want to accomplish ...
- Where am I in the movement of (work, health, money, relationships, etc.) ...
- The top 10 things I appreciate in life are ...
- New hobbies for me to investigate are ...
- If money, resources and health were not issues, I would ...
- Excuses I make in life are ...
- What tensions are stressing me now?
- My ideal holiday would be ...
- Three great ideas I have are ...
- My greatest learning today was ...
- Judgements I make of others are ...
- These things give me great meaning in life ...
- I can be more efficient by ...
- I love to ...
- Five things I have been procrastinating are ...
- I have negative, judgmental or limiting thoughts around ...
- What key choices am I ready to make?
- How do I control rather than trust?
- How can I create another or larger income stream?
- My greatest time wasters are ...
- What excuses keep me stuck?
- Where am I vulnerable?
- I hold myself back by ...
- My 3 greatest fears are ...
- What are my pet-peeves, dislikes, hates?
- Where do I not like myself?
- What stresses me?
- My strengths are ...
- What are the needs/desires of my boss, partner, family or God for me?
- I can enhance my inter-personal skills by ...
- Relationships I want to develop are ...
- How can I increase my overall abundance?
- I want to learn more about ...
- I want more of, less of
- I can be more productive and effective by ...
- What can I do to increase balance in my life?
- My best experience today was ...
- My worst experience today was ...
- What are my main daily motives?
- Three areas in my life I want to recommit to are ...
- Where do I need to clarify my stand, position or values?
- I should forgive or accept ...
- What value is most important for me to express now?
- My deepest heart-felt desires, dreams and visions are ...
- Where are my life purpose and goals unclear?
- I can experience a greater sense of meaning and love in life by ...
- I can best serve to fill needs of others by ...
- New ideas on my mind these days are ...
- Where are some opportunities for me to give?
- In what areas do I need more imagination?
- I feel greatest happiness in my life when ...
- What can I do to have more fun in my life?

- My weaknesses are ...
- What major block needs to be resolved?
- For what problems must I ask for solutions?
- What is my main Life Question for God?
- Ways I can be more effective at work are