JOURNAL WRITING
Inspiration Prompts

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• Ideas to get you started •

Write for 15 Mins
No Stopping

How does today look/What does it remind you of?

Describe the best thing(s) about the day

What are the memories that most come to mind?

Write about today

At the end of the day describe how you feel about the day and why you feel this way

How did people make you feel today and how do you think you made them feel?

Write the 3 best and 3 worst things of the day

Beauty in life
& Lessons Learnt

Describe something beautiful you saw today

Write about something you learned today

If you can remember this time last year (or if not last month) write about how things have changed

Write how you feel at the end of each week

Look over what you have written this week and re-write on a new page anything you think could be described better or clearer

By Ursula Fleming &

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