



Journal Prompts

for clarity & focus

1. What is my most immediate problem right now? The task or issue that's right in front of me?
2. What is it about the future that scares me?
3. What is it about the future that excites me?
4. What do I want most in life?
5. What does my ideal life look like?
6. What could I do today to take a small step closer to my ideal future?
7. Who do I feel the happiest around?
8. Where do I feel the happiest?
9. I feel unwell or tired when.... I know my mind and body needs...
10. I can achieve a flow state (intense, happy focus) when I... I could make time for this by....
11. I feel most beautiful when I wear... or style my hair like... because...
12. What are the things that are the most important to me....these are therefore the things that I value most in life.
13. I believe my greatest strengths are these help me because...
14. I believe my weaknesses are.... these can be improved or accepted by....
15. Upon my death-bed, I will think about how great my life was because I....
16. I would feel regret and disappointment if I....
17. My favourite books include....
18. My favourite films or TV shows include....
19. Where in the world have I always wanted to go? Why?
20. Each day, I know I should... in order to feel healthy and happy.
21. My ideal friends and family situation looks like... They have the qualities of...
22. The most important things in life are...
23. What makes me most sad?
24. What makes me most angry?
25. What makes me jealous?