

journal prompts

- **GOALS** – Mindmap, list goals, outline your vision for work and life
- **GRATITUDE** – What are 4 things you're grateful for today?
- **DREAMS** – What did you dream about?
- **LOVE** – What do you love about your life? Who do you love? Who loves you?
- **TRAVEL** – The places you've been, the place you are, the places you want to go (use 5 senses)
- **PEOPLE** – Family, friends, people you meet, people you'd like to meet, celebrities
- **WORK** – Accomplishments, failures, improvements, co-workers, new ideas
- **BUCKET LIST** – Everything you want to do in your lifetime
- **WHAT WOULD YOU DO IF YOU WON THE LOTTERY** – If you had a week left to live with no money limitations, how would you spend your last moments?
- **READING** – Thoughts on books you've read or are currently reading
- **LIFE MILESTONES** – Accomplishments and stories of fond memories
- **OVERCOMING FEARS** – Past and present fears... and how you defeated them!
- **PASSIONS** – What lights you up? What activity makes you lose track of time?

