

# Journal Entry Ideas

Date Completed:	Question:
	What do you want more of in your life?
	What is your wildest lifetime goal and how can you achieve it?
	If you had five wishes guaranteed to be granted, what would they be?
	What do I love about myself?
	What would I be doing if money wasn't an object?
	Things I love about this time of my life?
	One way I would like to grow next year?
	What are my biggest goals?
	What were my highs and lows this week?
	What do I feel strongly about?
	What do I need to get off my chest today?
	What's on my mind right now?
	What is your favorite personality trait?
	What is one thing you look forward to every day?
	What is your wildest lifetime goal and how can you achieve it?
	What are my priorities in life?
	What do I need to be content?
	What are five things I need to do less often?
	List 5 things am I thankful for.
	What are five things I would like to do more?
	What does happiness look like to me?
	Are my personal boundaries strong and what areas could they be improved upon?
	What did you most love doing as a child?
	How would I like my life to look like in one year from now?
	Am I happy with the direction my life is going? What changes can I make to get it on track?

	List fifteen things that make me smile.
	What are some of the biggest challenges you have overcome?
	What do you need to forgive yourself for right now?
	What is one thing you wish you were better at and what steps need to be taken to do so?
	What skills do you have that others do not?
	What personal habits would you like to change begin doing?
	Describe your dream life...where would you live? What would your ideal day look like?
	What advice should I give myself right now?
	How can I make time for things that bring me the most joy?
	Did you learn something new in the last week? What was it and how will it help you in the future?
	How have you changed in the last two years?
	What would you do in your life if money were no object?
	List ten interesting facts about myself.
	What are you most thankful for and why?
	Name five things that you are good at and enjoy doing.
	Are you happy with how you spend your free time?
	Write a letter to your teenage self.
	Write ten things on your bucket list.
	What are the top five things that make you the happiest and why?
	How can you feel more fulfilled in your life?
	In your perfect life, who would you spend your days with?
	What is your dream job?
	Do you feel successful in your life?
	What gets you super excited and why?
	What 5 of your best qualities?
	What are some ways I can simplify my life?