



Journal Prompts

Journaling can help reduce stress, enhance creativity, increase self-awareness, and help you work toward personal and academic goals.

- Name 5 people, places or things you are grateful for in your life.
- Make of a list of the best parts of your day or week.
- Create a “bucket list”
- What do I really need in this moment?
- What is one of your favorite memories?
- Make a list of 10 things that make you smile.
- Make a list of things you are worried or stressed about. Tear up the list when you are done!
- Write a note to someone you care about.