

April

JOURNAL PROMPTS

01. What is your goal for this month?
02. What is one thing you will do for yourself this month?
03. What can you do to be physically active this month?
04. What is one thing you will do for someone else this month?
05. Write a letter to a family member.
06. What is one thing you need to stop doing?
07. Make a list of ways to be nice to yourself.
08. How are you feeling this week?
09. Write a poem.
10. Write about your favorite place.
11. Write about a movie you really want to see.
12. Write about the best marriage you've seen. What did you like about it?
13. Write about your current job.
14. Write a letter to your favorite writer.
15. Make a list of 10 things you are thankful for.
16. Make a list of your favorite movies.
17. How do you handle negative emotions?
18. Write about something you are proud of.
19. Make a list of all the places you want to visit.
20. Write about the funniest thing that happened to you this week.
21. What is something you've done that you never thought you could do?
22. Write a letter to your favorite barista, or waitress, etc.
23. Write about your dream vehicle.
24. How are you feeling today?
25. Write about your favorite song and why it is your favorite.
26. Make a list of your daily schedule.
27. What is an indulgent purchase you would like to buy? Why?
28. Write a letter to the stranger you saw this week.
29. Write about a concert you went to.
30. What is something you learned about yourself this month?