JOURNALLING *prompts*

Pick one prompt each morning. There's no right way to use these -

write a sentence or fill three pages.

Let whatever comes, come.

75 Prompts

5 Themes

1 Morning at a Time

MORNING MOTIVATION CLUB

How I Want To Feel Today

- In one word, how do I want to feel by the end of today? What would it take to get there?
- What would make today feel like a good day?
- What does the best version of today look like?
- What energy do I want to bring into the world today?
- Who do I want to show up as today? What does that look and feel like in practice?
- What's one small thing I can do this morning to set the tone I want?
- If I could guarantee one feeling by tonight, what would I choose? Why that one?
- What does "a good morning" feel like in my body?
- What would help me feel calm and grounded today?
- What would help me feel energised and motivated today?
- What feeling do I want to carry through into my day? How will you know when you have it?
- How do I want to treat myself today?
- What do I need most right now - rest, excitement, connection, or focus? What would that actually look like today?
- If I could choose my mood like choosing an outfit, what would I put on today?
- What would make me feel most like myself today?

My Morning & Routine

- How did my morning feel today - rushed, calm, somewhere in between? What made it feel that way?
- What's one thing I'd like to add to my mornings?
- What part of my morning routine am I most grateful for? Why does it matter to you?
- What's something I do in the morning that I want to protect?
- What gets in the way of the morning I really want?
- What does my ideal morning look like, from the moment I open my eyes?
- How does my morning affect the rest of my day?
- What morning habit has made the biggest difference to how I feel?
- Is there anything I'm doing in the morning that drains rather than fills me up?
- What would I do differently tomorrow morning?
- What does my body need more of in the mornings?
- What's one morning habit I want to build? What's one thing that's stopping me?
- How consistent has my routine been lately? How does that make me feel?
- What does "owning my morning" mean to me?
- If I had an extra 30 minutes every morning, how would I honestly spend it?

Gratitude & Mindset

- What are three things I'm grateful for right now, in this moment?
- What's something small that happened yesterday that I'm glad about?
- What's a challenge I'm facing that has also taught me something?
- Who in my life am I grateful for today, and why?
- What's something about my body I'm grateful for this morning?
- What's going well that I'm not giving enough credit to?
- What's a belief I'm carrying that isn't serving me?
- What would I tell a close friend who was feeling the way I'm feeling right now?
- What's something I've been taking for granted?
- What's something I used to struggle with that I've gotten better at?
- What does abundance look like in my life right now?
- What's one thing I love about where I am in life right now?
- What's a recent win - however small - that I haven't properly celebrated? How could you mark it, even in a small way?
- What's something difficult I've been through that made me stronger?
- What's something I'm looking forward to - today, or further ahead?

Setting Intentions

- What's the one thing I most want to get done today? Why does it matter right now?
- What's a boundary I want to hold today?
- What's something I want to say yes to today? What opens up when you do?
- How do I want to handle it if things don't go to plan today?
- What's something I want to say no to today?
- What would make me feel proud of myself by the end of today?
- Who do I want to check in with or connect with today?
- What's one thing I can let go of before I start my day?
- Is there something I've been putting off? What's one small step I could take today?
- What's my intention for how I'll communicate with people today?
- How do I want to feel when I get into bed tonight?
- What's one way I can take care of myself today?
- What do I want to focus on and what do I want to let go of?
- What would the most aligned version of me do today?
- What's one thing I can do today that my future self will thank me for?

Self Reflection

- How am I really feeling? Not the answer I'd give anyone - the really honest one.
- What have I been avoiding thinking about?
- What's something I've learned about myself recently?
- What do I need to hear right now that I'm not letting myself hear?
- Where in my life am I growing? Where am I staying still?
- How have I changed in the last year?
- What lights me up? Am I making space for it?
- What does success look like to me right now - not in general, but today?
- What's something I'm proud of that I haven't acknowledged? Write it down properly - you've earned it.
- What's something I'm holding onto that I could release?
- What do I wish I was better at? What's one small step toward that?
- Where am I being hard on myself that I don't need to be?
- What's something I keep saying I'll do but haven't? Is it still something I actually want?
- What would I do differently if I knew it would work out?
- What's one thing I want to remember about this season of my life?