

# 100 Self-Care Journal Prompts



- What is your favorite book of all time and why?
- Write down your top 5 favorite inspirational quotes.
- Describe your perfect morning.
- Imagine you're on a relaxing walk on a perfect warm day and describe every detail.
- Journal 10 beauty self-care ideas to try.
- List 10 new books to read.
- Write down your top 10 travel destinations.
- Describe your perfect beach day.
- If you could act in any movie, what character would you like to play and why?
- Journal the qualities you love best about yourself.
- Journal what you love most about your closest friend or family member.
- Describe the perfect smorgasbord.
- Write a list of your top 10 most exciting moments in your life.
- Brainstorm 10 new exciting ideas you might want to try- this could be as simple as a new hairstyle or as daring as skydiving!
- List 10 things you love about your body.
- Write about the 5 most beautiful moments you've ever witnessed.



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- List 25 things you're grateful to know.
- What are you most proud of?
- What are your secret, talents, joys, or interests?
- Write out 5 positive affirmations for self-love.
- Brainstorm and write 5 ways you could learn more about yourself.
- What are your top 5 favorite songs that always make you feel better?
- What are your favorite color combinations?
- Journal 10 ideas for healthy recipes.
- What are some ways you could break out of your comfort zone that sound exciting?
- List 10 bodies of water from around the world you'd like to swim in.
- Write 10 words of wisdom to give your younger self.
- Describe your perfect self-care day.
- Write 10 ideas to increase your self-love.
- Journal your top 20 favorite positive words- ie love, happiness, creativity.
- Journal 5 new art projects to try.
- List 5 book ideas for if you ever wrote a book.
- If you could have any magical power, what would it be and why?



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- Journal your thoughts about the universe and what God means to you.
- What are your favorite animals?
- List 11 interesting ideas you've heard of that make you think deeply.
- Describe your ideal out-of-the-US vacation.
- Write about 5 ways you can spread kindness and love.
- Journal 10 positive things going on in the world right now.
- List 15 inspiring people.
- What good advice would your future self give you?
- Describe some valuable lessons you've learned in life.
- Write 5 spa ideas for self-care.
- List 10 things you'd like to share with the world.
- What are your favorite flowers and what memories do they bring?
- Describe the perfect ocean-side stroll.
- Describe a fun day at the park.
- What is your perfect night routine?
- Make a meal plan for two nights of lovely food. (Just dinner, maybe dessert.)
- Describe your ideal dessert spread.
- What are your favorite retro fashion trends?
- List your top favorite movies from your childhood.



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- What do you think about the concept of infinity?
- Describe your ideal camping trip.
- What food are you serving at your ideal BBQ?
- List 10 famous people, alive or dead, that you'd like them to share their secrets with you.
- Write about your goals for the next 6 months.
- If you were to design a tree house, how would it look?
- What were your favorite childhood sports or games?
- Where would you like to live?
- What new friends or relationships would you like to have now or in the future?
- Are you an introvert or extrovert? How do you know?
- What makes you feel most loved?
- What do you know to be true about love?
- List 10 relaxing self-care ideas for a quiet weekend.
- If you could be any animal for a day, what animal would you be and why?
- Who do you think you were in a past life?
- What are you passionate about?
- What do you want to achieve in your career or work life?
- List 5 ways you can bring more happiness to your daily routine.
- Describe some health upgrades you can make to take better care of yourself.



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- What would your spirit guides or angels like you to know?
- Who and what has shaped your belief system?
- Describe a mystical, magical landscape you'd like to visit.
- What “wow’s you” the most about life?
- Journal 11 things you love most about life.
- What are your favorite time periods from history?
- Journal 5 current trends and how you feel about them.
- What wild and crazy stuff would you like to try in your lifetime that others may not understand or approve of?
- Describe your ideal city vacation.
- What are your goals for this week?
- Write down 10 nice words to say or share with others this week.
- List a few ways you could improve your daily routine.
- What brings you the most joy in life?
- Describe the most valuable things you’ve learned about yourself.
- Journal where you see yourself in 2 years.
- Write about the most fun activities you’ve ever tried.
- What are your top 10 favorite things to do outside?
- Make 10 predictions about the future.
- If you could do anything at all you wanted to tomorrow, what would it be?



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- List some ideas for a home business.
- How have your challenges in life helped you with self-discovery?
- List 10 affirmations for peace, calm, and tranquility.
- What does wisdom look like to you?
- Describe your ideal self at 90 years old.
- What do you plan on kicking-butt at in life?
- Journal your favorite places to relax.
- Journal your thoughts around manifesting and the law of attraction.
- List 10 relaxing activities for de-stressing.
- Describe your ideal date night.

