

# Easy Journal Prompts For Beginners

- What does the perfect day look like to you?
- Where do you see yourself in 1 year?
- What are your goals for today? This week? This year?
- What are your biggest struggles?
- List your plans or non-plans to tackle those struggles.
- Where is your favorite place in the world and why?
- Describe the closest people in your life and what you love about them.
- What do you love about yourself?
- What are your predictions for the future of the world?
- Describe your ideal lifestyle.
- Journal 10 positive affirmations.
- Journal about your ideal partner/love interest.
- Write about what happiness means to you.
- What do you want to improve in your life?
- What are your spiritual beliefs?
- List your favorite inspirational quotes.
- Journal some creative ideas or projects.
- What would you like to manifest in your life?
- Write about your happiest memories.
- Journal some ideas to help lift your mood when feeling down.
- Write out some life goals.
- What are you most grateful for?
- What does love mean to you?
- Journal what to “let go of”- worries, things out of your control, etc.
- How can you make the world a better place and be a force of good?