

25 Nighttime Journal Prompts to Clear Your Mind Before Bed

- How do you feel this evening?
- What is the biggest thing on your mind right now?
- What challenges did you face today?
- What good things happened today?
- What are you grateful for this evening?
- What did you learn today?
- What was the highlight of your day?
- What could have gone better today?
- How was your inner dialogue today?
- Who made a positive impact on your day?
- What's something you accomplished today?
- What are you looking forward to tomorrow?
- How did you handle stress today?
- What was your favorite moment of the day?
- What are you letting go of tonight? (What stress are you releasing?)
- How did you show kindness to yourself or others today?
- What do you need to forgive yourself for, if anything?
- What's one thing you'd like to improve tomorrow?
- How were you treated today by other people?
- What made you laugh today? Snicker? Roll your eyes a little bit?
- How did you spend your free time today?
- What's one thing you're proud of today?
- What's something you want to dream about tonight?
- What's on your to-do list tomorrow?
- What's one thing you can do to make tomorrow better?
- What are you thankful for as you go to bed?