

# Journal Prompts



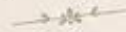
*Your Free Printable Pack*



What is something  
that lights you up?



What are you  
ready to let go of?



What does your  
ideal day look like?





# How to Use Your Pack

*A prompt for every mood — print, and start writing today.*

## WHAT'S INSIDE

- **30-Day Journaling Challenge** — one prompt a day for a month
- **Themed Prompt Cards** — 18 cut-out cards across six moods
- **Prompt Jar** — 24 strips to cut, fold and draw at random
- **Daily Reflection Page** — a printable template for everyday journaling

## THE RIGHT-NOW METHOD

Don't scroll every prompt — pick by what you need right now:

- Clear your head a daily prompt
- Know yourself a reflection prompt
- Feel calmer a mental-health prompt
- Feel lighter gratitude or letting-go
- Enjoy the page a fun & creative prompt

Then write a few honest lines. One prompt is a complete session — no full page required.



*Journaling supports your wellbeing but isn't a substitute for professional care.*

*Print at 100% on Letter or A4. • [boredomwizard.com](https://boredomwizard.com)*



# 30-Day Journaling Challenge



One prompt a day. A few honest lines is all it takes.

1 What am I looking forward to today?

2 What's one thing I'm proud of?

3 What does calm feel like in my body?

4 Who am I grateful for, and why?

5 What do I need more of right now?

6 When do I feel most like myself?

7 What am I ready to let go of?

8 What made me smile today?

9 What's a strength I didn't know I had?

10 What am I avoiding, and why?

11 What does my ideal day look like?

12 What's within my control right now?

13 What have I survived that I don't credit myself for?

14 What small thing brings me joy?

15 What am I learning about myself?

16 What would freedom feel like?

17 Who inspires me, and why?

18 What can I forgive myself for?

19 What matters most to me right now?

20 What's a kinder way to talk to myself?

21 What am I curious about?

22 What do I want to create more of?

23 What went right today?

24 What am I becoming?

25 What would I tell my younger self?

26 What's one boundary that would protect my peace?

27 What lights me up?

28 What am I ready to make peace with?

29 What do I want to remember about this month?

30 What did this month teach me?



# Prompt Cards · Know Yourself

Cut along the lines. Keep one in your journal, your bag, or by your bed.

REFLECT



When do I feel most like myself?



REFLECT



What am I ready to release?



DISCOVER



What do I want to create more of?



DISCOVER



What am I becoming?



VALUES



What matters most to me right now?



GROWTH



What have I outgrown?





# Prompt Cards · Calm & Grateful

Cut along the lines. Keep one in your journal, your bag, or by your bed.

CALM



What does calm feel like in  
my body?



CALM



What's within my control  
right now?



GRATITUDE



What are three small things  
I'm grateful for?



GRATITUDE



What went right today that I  
almost missed?



KINDNESS



What's a kinder way to talk  
to myself?



REST



What does my body need  
me to appreciate?





# Prompt Cards · Go Deep & Play

Cut along the lines. Keep one in your journal, your bag, or by your bed.

DEEP



What do I truly want my life  
to be about?



DEEP



What would I do if I trusted  
myself fully?



DEEP



What am I avoiding, and  
why?



FUN



Describe my perfect day,  
start to finish.



FUN



If I could live anywhere,  
where and why?



FUN



What makes me feel most  
alive?





# Prompt Jar



*Cut the strips, fold them, drop them in a jar – and draw one when you're stuck.*

What made me smile today?

What am I grateful for right now?

What do I need more of?

What can I let go of today?

When did I last feel at peace?

What am I proud of this week?

What's weighing on me?

What would rest look like today?

Who am I thankful for?

What's one small win I'm hoping for?

What am I curious about?

What does my body need?

What am I ready to forgive myself for?

What lights me up?

What's a kinder thought I can choose?

What do I want to remember about today?

What am I looking forward to?

What matters most right now?

What's one brave thing I could do?

What did today teach me?

What comfort can I give myself?

What am I becoming?

What would freedom feel like?

What's my perfect ordinary day?



TODAY I FEEL:

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## TODAY'S PROMPT:

### ONE WORD FOR TODAY:

