

# 30-Day Journaling Prompts

Does journaling seem daunting? Does it feel like a boring task? Does it feel like something your grandma does—not you, a vibrant not-grandma person...?

Seriously, though, journaling doesn't seem super appealing to all of us. It feels like just another thing that we should be doing but don't want to really do. And maybe it's because you're doing it wrong.

Yeah, I said it. You might be doing it wrong.

When you think of journaling, do you think of writing fancy words in a notebook that your posterity will someday read? Do you hate writing? Do you not know what to write?

First of all, journaling does not have to be boring. And it doesn't have to be just writing. There are many ways to make journaling fun. Here are just a few ideas.

## *Ideas for Better, More Fun Journaling*

- Write with different colored pens.
- Don't write, draw.
- Write music.
- Write poetry.
- Scrapbook.
- Graph.
- Bullet journal.
- Write stories.
- Tell jokes.
- Video journal.
- Photo journal.
- Vision board journal.
- Use any form of art.
- Use nature.

Journaling doesn't have to be traditional documentation (although, if that is your thing, do it). Journaling is about giving voice to your thoughts, helping you sift through the mess that is in your head, and finding clarity among the chaos. It is a great tool for mental health and a great tool for creativity, motivation, and manifestation. Use the form of expression that best resonates with you.

Ready to get started?

Here are 30 journaling prompts to help you over a 30-day period. Use the prompts in or out of order. Use any form of journaling that you want. And remember to have fun.

I promise that as you journal for a consecutive 30 days, in any form you choose, you'll see the benefits of this amazing practice.

## 30-Day Journaling Prompts

1. What is your favorite book and why?
2. What is your favorite vacation spot and why?
3. "If I had a magic wand, I would \_\_\_\_\_."
4. "If money were not object, I would \_\_\_\_\_."
5. What does your ideal day look like?
6. What song most resonates with you right now?
7. What was the last movie you saw? How did it make you feel?
8. Who is your best friend and why?
9. What are five things you want to do today?
10. Have you ever hiked a mountain? Why or why not?
11. "If I ran the world, I would \_\_\_\_\_."
12. What was your first kiss like?
13. Tell about a spiritual experience you had.
14. What is your favorite plant and why?
15. If you were a fruit, what fruit would you be and why?
16. When have you felt the most successful in your life?
17. Write, draw, or use any form of creativity to record a letter to Heavenly Father.
18. What type of movement makes you feel the most alive and powerful?
19. What color resonates with you today?
20. "If I could go anywhere today, I would go \_\_\_\_\_."
21. "If I could eat anything right now, I would eat \_\_\_\_\_."
22. "A dream I have is \_\_\_\_\_."
23. What memory first comes to mind after reading this prompt?
24. "I wish today were \_\_\_\_\_."
25. What is something that makes you smile?
26. What is something you are grateful for?
27. How did you sleep last night? Tell the whole truth and nothing but the truth.
28. How does yard work make you feel?
29. What is your favorite scripture? Why?
30. How do you feel about these words: You are a divine being?