



JOURNAL PROMPTS

Much love,
Riley With Courage

WHY IS JOURNALLING IMPORTANT?

Ever since I could write, I have processed my little heart in my journal almost every single day. My journal is my personal therapist.

Did you know journaling...

- **Reduces stress and anxiety.** Journaling is an incredible stress management tool, a good-for-you habit that lessens the impact of physical stressors on your health. In fact, a study showed that journaling for only 15 to 20 minutes a day three to five times over the course of a four-month period was enough to lower blood pressure and improve liver functionality.

- **Improves Immune Function.** Believe it or not, expressive writing can strengthen your immunity and decrease your risk of illness. Those who journal boast improved immune system functioning

- **Boosts Mood.** Want more sunshine in your life? Try journaling. A unique social and behavioral outcome of journaling is this: it can improve your mood and give you a greater sense of overall emotional well-being and happiness.

- **Keeps Memory Sharp.** Journaling helps keep your brain in tip-top shape. Not only does it boost memory and comprehension, it also increases working memory capacity

Enough said. I am a huge fan.

So without further ado, welcome to my journal prompt for anything from break-up to end-of-the-year review.

I hope you enjoy scribbling away!

FUN

- 1.. One thing that influences how you live your life every day
2. What are you searching for most in your life?
3. Name a time you were most disappointed in yourself
4. Besides family, who do you think you can be most vulnerable with
5. Biggest lesson you've learned in college
6. What makes you write someone off
7. What are qualities that you strive to achieve for yourself?
8. How do you think you are perceived?
9. Who of your friends do you think you will still be still be in close contact with within 20 years?
10. Who are you closer with, mom or dad?
11. What is one thing you wished people noticed about you or asked you about?
12. What's your favorite piece of clothing that you own or have ever owned?
13. What movie setting would you love to live in?
14. What small things make your day better?
15. Who has impressed you most with what they have accomplished?
16. What's your claim to fame?
17. What's something you like to do the old-fashioned way
18. Favorite genre for a book and a movie
19. What's the best single day on the calendar?
20. What are you interested in that most people haven't heard of?
21. How do you relax after a long day?
22. What is the most annoying question people ask you?
23. What could you give a 40min presentation on with zero preparation?
24. What should everyone do at least once in their lives?
25. What is something that a ton of people are obsessed with but you just don't get the point of?

BREAK-UP

1. What will I cherish from this relationship?
2. What did I learn?
3. How did I change as a result of this experience?
4. What do I need to mourn?
5. What do I need to heal?
6. What do I need to have closure?
7. What patterns am I noticing (if any)?
8. How will my boundaries change (with my ex)?
9. How do I feel about myself as a consequence of what has happened?

END-OF-THE-YEAR

1. What's the number one thing you're the proudest you did this year?
2. What is the one attribute you're proud you became more of this year? (Ie more generous, kind)
3. What did you learn about yourself this year?
4. As you look back over this year, what are you grateful for?
5. Who were the people that made the biggest positive difference?
Who was there when you needed help?
6. What is something you did (a habit, practice, hobby, choice, etc) this year that you want to carry the new year? What is something you want to leave in this past year?
7. What did you learn about God or how did He remind you of who He is?

MARRIAGE ANNIVERSARY

Past

1. What healthy habits did we implement?
2. Best trip over this last year?
3. Favorite memories?
4. What decision are you proud we made?
5. What three things did I learn about you?
6. What surprised me most about marriage?
7. What three emotions have you felt the most during our marriage?

Present

1. What's your hope for our anniversary?
2. What can we do to be more present during our anniversary?

Future

1. How can we dream bigger over this next year?
2. What's one attribute you hope you become more of?
3. What are our core values for marriage and how can we live more into them?
4. What's one miracle we hope happens over the next year?
5. What's a habit or rhythm of rest we should implement?

Intimacy/ sex

1. How do you feel about our frequency of sex?
2. When do you feel closest to me?
3. What do you need from me when we have sex?
4. What have been some of your sexiest encounters?
5. What do I do that makes you feel loved/seen?
6. How can I love you better? How can I better meet your love languages?

HUMILITY

1. Who in your life tells you the truth without praise or blame? What is this like for you?
2. Does humility appeal to you or not? Explain.
3. What do you admire about humble people?
4. How do you recognize true humility?
5. Do you tend to believe you have earned everything you have? Do you act like your achievements are simply a tribute to raw talent?

I HOPE YOU ENJOYED YOUR FREE
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