**Journal Prompts**

**Cultivating Self-Awareness and Emotional Intelligence through Writing**

Here and Now

1. List and describe your emotions.
2. What are you grateful for?
3. Write down a list of ‘regrets’. Either throw them away or toss them into a fire. (Let go of past regrets & move on).
4. Write down all your coping mechanisms. Evaluate the ones that are most helpful and the ones that are the most detrimental.
5. What risks do you want to take? What’s holding you back?
6. Physically, how do you feel right now?
7. Write about something that is frustrating to you.
8. If you could be anywhere in the world at this very moment, where would you want to be and why?
9. What activities do you think would make you feel better? Make a plan to carry out those activities.
10. What are you worried about? Why?
11. What secrets are you keeping? Are these secrets affecting your life or mental health? Why or why not?

Self-knowledge

1. Write down 5 things that make you incredibly happy and describe why they make you feel this way.
2. Describe the best compliment you’ve ever received.
3. What do you fear the most? Why? Is your fear rational?
4. What qualities about yourself do you love the most?
5. How were you different 5 years ago?
6. Write a poem (that DOESN’T HAVE TO RHYME), describing the exact opposite of yourself.
7. Write about the last time you cried. What caused you to cry?
8. In detail, describe a perfect day.
9. Write about your one of your happiest memories?
10. Write about the people in your life that make you feel the most “at ease” and what they do to make you feel that way.
11. Write about an incredibly difficult choice you’ve had to make in your life.
12. Have you ever felt isolated? Write about it.
13. Write about 5 songs that mean the most to you. Why do the lyrics speak to you? How do you relate to these songs? How do they make you feel when you hear them?
14. Write down all the compliments you can think of, that you’ve received. Write down compliments to people in your life.
15. What element do you consider to be YOU? Write about why. (Earth, Air, Fire, Water).
16. What are some of the strongest emotions you’ve ever felt? Write about how those emotions affected you and what caused you to feel those emotions.
17. What speaks to you on an spiritual level? (Poetry, quote, song ect.) Write about it.
18. What items/objects do you find the most comforting? Why do you think that is? What is comforting about them?
19. What are 3 things that make you angry? Why?
20. Write about something random you’ve seen that made you smile.
21. Describe your dream house.
22. What are some of your favorite books? Why? Write about them.
23. What makes you laugh?
24. Write about what you perceive to be the worst thing you’ve ever done.
25. When is the last time you did something for someone else? What did you do and how did it make you feel?
26. Write about something that truly surprised you.
27. Describe an outfit that makes you feel completely comfortable in your own skin.
28. If you weren’t afraid, what are 5 things you would do? Are there any ways you can think of to overcome the fear?

Letters

1. Write a letter to your body.
2. Write a letter to the future YOU.
3. Write a letter to one of your parents – even if you don’t actually give it to them.
4. Write a letter to a person who has negatively impacted you. (Again, you don’t actually have to send it out).
5. Write a letter to a person who has positively impacted you.
6. Write a letter of forgiveness to yourself.
7. Write a love letter to yourself.
8. Write a letter of forgiveness to someone who has caused you pain.

Never forget Prompts

1. Write a message for yourself on bad days.
2. Write about a difficult memory and the coping mechanisms you used at the time. Would you change the way you dealt? How?
3. What has your anxiety taught you about yourself?
4. In the next year, what are 5 improvements you would like to make regarding your life? Write about the improvements and create a plan to accomplish each one.
5. Describe what love means to you in detail.
6. Write a list of 10 things you want to remember during difficult times. (Use this later if you’re feeling down).
7. Who or what (or both), helps motivate you the most? Why is that?