

Journal Prompts

Here are 10 beginnings that you can use if you ever need a nudge to begin writing in your journal. Remember, you can use a prompt at any time. You could have finished in your journal but want to practise your handwriting. Use a journal prompt.

My heart sings for... ..

I am grateful for... ..

A cozy day in is... ..

My favourite outdoor activity is... ..

My ideal day is... ..

My favourite cozy garment is... ..

My ideal vacation is... ..

I am thankful for... ..

My best meal of the week was... ..

My current favourite music is... ..