

The background of the entire image is a deep blue, textured surface that resembles water or a marbled paper. It has various shades of blue and white, creating a sense of movement and depth. The texture is more pronounced on the left and right sides, where it appears to be a liquid surface with ripples and waves. In the center, there is a large white rectangular area where the text is placed.

52 *journaling prompts*

WEEKLY PROMPTS
FOR
HEALING AND SELF REFLECTION

makea sanders, lpc

What a Cliché Right?

Many of us had journals as children. We used this space to write about our crushes, our parents, friends and even about our hopes and dreams. We'd lock it up with a dainty little key and hide it in that special little spot so no one could find it. In our childhood that little book was so much a piece of us that we protected it, kept it safe so no one would know what we really thought or how we truly felt. Little did we know, at that young age, we had already cracked the code to self-expression and self-regulation.

As a therapist I always encourage my clients to get a journal in our very first session, and so do many of my colleagues. But why? Journaling has numerous benefits to our mind and body. Here are just a few of my favorite reasons to journal:

Strengthens our connection with self.

When journaling, we are able to explore our most inner wants and needs creating opportunity to explore our self-identity. Developing an understanding of who we are; builds confidence, helps us identify harmful patterns and beliefs about ourselves and the world around us and helps us find new ways of triumphing over adversity.

Improves overall brain functioning.

Journaling cultivates and compiles jumbled words into articulate and meaningful thoughts. The act of putting pen to paper can help streamline one's focus and promote memory capacity, comprehension, retention and overall cognitive functioning.

Reduces stress.

Chronic stress can have a catastrophic impact on several areas of our body. Journaling serves as a catharsis, allowing us the opportunity to place the stress somewhere outside of ourselves. Establishing a consistent journaling habit has been shown to improve liver functioning, decrease blood pressure and triggers the release of dopamine.

Journaling Tips

1

Journaling is something you need to do in private. This is about you and for you only.

2

Create a comfortable space to write. Light a candle, dim the lights, get cozy.

3

Write in a conscious stream. Don't worry about grammar or your handwriting. Just keep writing.

4

Be honest with yourself. Give yourself permission to tell the truth about everything.

5

Date every entry. We want to be able to go back and reflect on the growth that you have made later.

Let's Get Started!

1. Who is someone you need to forgive and why? What would you say to them?
2. Think of a place that feels like home. Where is this place? Who is there?
3. Think of the most amazing day of your life. What made it amazing?
4. What is something you need to let go of?
5. What are three moments in your life you will never forget?
6. Think of a time you felt helpless, what was happening and what did you do?
7. If you could, what is one thing you would change about your childhood?
8. What is your favorite childhood memory?
9. What is the most outrageous thing you've ever done in your lifetime?
10. What do you need to forgive yourself for?
11. What advice would you give your younger self?
12. Reflect on how much you have changed over the past year, the past 2 years..
13. If you could redo one moment in your life, what would it be?
14. Think about where you grew up, now think about how this place has played a role in the person you are today.
15. What was the greatest life lesson you have learned?
16. Write yourself a letter that you can read when you're having a bad day.
17. Think of someone you had to cut ties with and why. How did that feel?
18. Think of your future, what do you hope for and what do you fear the most?
19. Make a list of your coping skills and identify which ones are the most helpful and which ones are the most harmful.
20. If you knew you could not fail, what would you do?
21. What is something you've always wanted to do but have never done and why?
22. What is the kindest thing you have done for yourself?
23. What is working well for you right now?
24. If you had three wishes, what would you wish for?
25. What do you need more courage to change?
26. What is something that drains your mental and physical energy? What do you need to do to change that?

27. What are the questions you need answers to right now?
28. Who has made the biggest impact on your life?
29. What does your perfect day look like?
30. If you could change one thing in your current situation, what would it be?
31. What do you wish others knew about you?
32. What does being successful look like to you? Do you consider yourself successful?
33. What secrets are you keeping? Are these secrets affecting your life or mental health? Why or why not?
34. Have you ever felt alone? Write about it.
35. I feel the happiest when...
36. Where is your favorite place to be?
37. What are the most important things in your life?
38. What are the most stressful things in your life right now? How can you address them?
39. What is your most treasured possession and why?
40. I feel at peace when...
41. Write a letter to your body telling it how you feel. Be honest.
42. Do you have a hobby? If so what is it and why do you enjoy it? If not, what are three things you want to try?
43. What does unconditional love look like to you?
44. How do you show love? By actions, words or something else?
45. How do you want to be shown love?
46. What are the qualities you look for in a friend? Do you exhibit these qualities?
47. Who do you consider your support system? How do you feel they support you the most?
48. Make a list of 20 different things that make you smile.
49. What is your self-care routine? If you don't have one, create it.
50. How would your best friends describe you? Do you agree?
51. Write about the people in your life that make you feel the most "at ease" and what they do to help you feel that way.
52. How would you describe yourself to a total stranger?