50 Self Care Journal Prompts

- What does the ideal self-care routine look like for you?
  - Describe your self-care journey so far.
  - What aspects of your life do you want to improve?
  - In what areas of your life are you struggling the most?
- What are your thoughts on self-care?
  - What does happiness mean to you?
  - What are your thoughts on journaling?
  - What do you hope to get from journaling?
  - List 10 things you are grateful for.
  - What are your top 3 goals for today?
  - How would you rate your nutrition recently?
- What are some of the ways you can improve your overall health?
  - Describe a dream you had recently.
  - Describe your current morning routine.
  - Describe what your ideal morning would look like.
- Try exercising in the morning, then journal about your experience.
  - Try exercising in the evening, then journal about your experience.
- What are some ways you can add more movement into your day?
  - What activities do you find most relaxing?
  - What activities do you find most invigorating?
  - What puts you in a good mood?
  - What puts you in a bad mood? How can you avoid that?
- How do you want to fit journaling in with your daily routine?
  - What is something you need to let go of right now?
  - What is something you’ve learned recently?

- What does success look like to you?
  - If you had the entire weekend to yourself, what would you do?
  - What is the first thing you do in the morning?
  - What are some of the first thoughts that go through your mind?
  - What is the best dream you’ve had recently?
  - Describe the best day you’ve ever had.
  - What would your dream vacation look like?
  - What is your favorite form of exercise?
  - What is your favorite meal?
- What does your current nighttime routine look like?
  - List 3 ways you can show yourself love.
  - How are you currently giving back to the world?
  - What is your favorite type of music to listen to?
  - What are you afraid of?
  - What is your biggest fear?
  - What is your greatest achievement?
  - Describe your dream job.
  - What do you like most about yourself?
  - What would you like to improve about yourself?
  - Who inspires you?
  - What book has made the biggest impact on you?
  - What movie or documentary has made the biggest impact on you?
  - What do you enjoy doing alone?
  - What do you enjoy doing with others?
  - Is there something that has been weighing heavily on your mind recently?