




38 Nightly Journal Prompts

1. What are some things you are grateful for, despite the stressors in your day?
 2. What was the best part of your day?
 3. What are your top three fears and worries?
 4. How do you decompress at the end of the day?
 5. What was the most stressful part of your day?
 6. What things could you have done differently to reduce your stress levels?
 7. What is one positive thing that happened today, no matter how small?
 8. Are you living the life you want to be living?
 9. Who are the people you admire in your life, and why?
 10. What's your dream job? Will you ever have it?
 11. What did you learn today?
 12. What were your successes today?
 13. What were your failures today?
 14. How did you help someone today?
 15. How did someone help you today?
 16. What character traits do you value most in other people?
 17. What would it be if you could go back and relive one day of your life?
 18. What are three things you hope to accomplish tomorrow?
 19. What are three things you hope to accomplish in the next five years?
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20. If you could live anywhere in the world, where would it be?
 21. What is your favorite happy memory?
 22. What do you want to be remembered for?
 23. How do you define happiness?
 24. How do you define success?
 25. What is your biggest fear, and how do you deal with it?
 26. What makes you feel most fulfilled in life?
 27. What contribution do you hope to make in the world?
 28. In what ways do you feel most connected to others?
 29. In what ways do you feel most disconnected from others?
 30. When do you feel most at peace with yourself?
 31. When do you feel most anxious or stressed?
 32. What brings meaning into your life?
 33. What are the benefits of going to bed early?
 34. What are the benefits of staying up late?
 35. How does going to bed early affect your sleep quality?
 36. How does staying up late affect your sleep quality?
 37. How does going to bed early affect your energy levels?
 38. How does staying up late affect your energy levels?
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