

DAILY REFLECTIVE Prompts



- 1) HAS ANYTHING BEEN BOTHERING ME, IF SO, WHY?
- 2) I AM PROUD OF MYSELF FOR...
- 3) WHAT AM I MOST GRATEFUL FOR THIS YEAR? WHY?
- 4) MY PERFECT DAY LOOKS LIKE...
- 5) THE BEST ADVICE I COULD GIVE SOMEONE TODAY IS...
- 6) WHAT DECISIONS COULD I MAKE TODAY, THAT WOULD CHANGE MY HEALTH?
- 7) WHAT IS CURRENTLY MY BIGGEST PRIORITY? WHY?
- 8) DID I OVERREACT TO ANYTHING THIS WEEK? WHY/WHY NOT?
- 9) HOW DO I THINK MY PARTNER FEELS ABOUT ME RIGHT NOW? WHY?
- 10) DO I HAVE A HABIT THAT I WOULD LIKE TO REPLACE? WHY?
- 11) HOW HAVE I BEEN FEELING LATELY?
- 12) CURRENTLY, MY SLEEPING PATTERNS ARE...
- 13) I'VE NOTICED LATELY THAT I'VE BEEN REALLY GOOD AT...
- 14) THE LAST TIME I SAID "YES TO ME" THIS HAPPENED
- 15) RIGHT NOW, I COULD NOT LIVE WITHOUT...
- 16) THE BEST THING I'VE GOT GOING ON RIGHT NOW IS..
- 17) THE BEST THING THAT HAPPENED TODAY/YESTERDAY WAS?
- 18) HAVE I BEEN ASHAMED/DISAPPOINTED IN MYSELF RECENTLY? WHY/WHY NOT?
- 19) I REALLY VALUE MY RELATIONSHIP WITH...
- 20) WHAT QUALITIES OF MY PERSONALITY HAVE BEEN DOMINATE LATELY? WHY?
- 21) I AM THANKFUL FOR...
- 22) I'D SAY MY BIGGEST STRENGTH AT THE MOMENT IS...
- 23) WHAT WOULD I LIKE TO LEARN? WHY?
- 24) ONE THING THAT IS NAGGING ME AT THE MOMENT IS...
- 25) WHAT I NEED IN MY LIFE RIGHT NOW IS/ARE...
- 26) I REALLY SHOULDN'T HAVE_____ INSTEAD I COULD HAVE_____
- 27) IT'S SO AWESOME THAT...
- 28) WHAT IS MY BIGGEST INSPIRATION AT THE MOMENT?

DAILY REFLECTIVE Prompts



- 29) I REALLY APPRECIATE...
- 30) I WILL NEVER...
- 31) WHAT HOBBIES OR INTERESTS WOULD I LIKE TO PURSUE? WHY?
- 32) WHAT HAS CAUSED ME THE MOST STRESS OR ANXIETY LATELY? WHY?
- 33) I FELT REALLY GOOD WHEN...
- 34) WHAT IS MY MAIN PRIORITY THIS YEAR? WHY?
- 35) IF TOMORROW WERE MY LAST DAY ON EARTH, I WOULD...
- 36) I SMILED WHEN...
- 37) THIS WEEKEND I WOULD LIKE TO...
- 38) I'M SO HAPPY THAT_____ IS A PART OF MY LIFE, BECAUSE.....
- 39) A PERFECT MORNING STARTS WITH.....
- 40) HAVE I GENERALLY BEEN ON TIME LATELY? WHY/WHY NOT?
- 41) WHAT MADE ME LAUGH TODAY/YESTERDAY?
- 42) ON MY NEXT DAY OFF I WILL...
- 43) TODAY I NEED...
- 44) WHEN DO I FEEL LIKE GIVING UP? WHY DON'T I?
- 45) WHAT TRIGGERS MY SHAME STORM & WHY?
- 46) WHERE IS MY PAIN?
- 47) ONE THING I NOTICE ABOUT MY BREATHING IS...
- 48) MY FAVOURITE WORD IS_____ BECAUSE...
- 49) WHY SHOULD I CARE ABOUT...
- 50) WHO IS MY BIGGEST INFLUENCE AND WHY?
- 51) WHEN DOES IT FEEL EASY?
- 52) PRIDE IS...
- 53) MONEY IS...
- 54) LOVE IS...
- 55) PASSION IS...
- 56) WHEN DO I FEEL MOST LIKE MYSELF?

Prompts

DAILY REFLECTIVE



- 57) I ALWAYS...
- 58) I LOVE...
- 59) I'M AFRAID OF...
- 60) EVERY DAY I...
- 61) I KNOW I HAVE TO...
- 62) BEING WITH YOU MAKES ME...
- 63) WHAT IF I DIDN'T CARE...
- 64) TODAY I WILL...
- 65) _____ IS NON-NEGOTIABLE BECAUSE...
- 66) NO! IS WHAT I WILL SAY NEXT TIME WHEN...
- 67) YES! IS WHAT I WILL SAY NEXT TIME WHEN...
- 68) WHEN I WAS 5 ...
- 69) THE FIRST TIME I KNEW I COULDN'T...
- 70) MUSIC MAKES ME...
- 71) I AM WORTH IT BECAUSE...
- 72) YESTERDAY, THE BEST THING HAPPENED...
- 73) WATER, SUN, AIR...I'M BASICALLY A HOUSE PLANT THAT CAN...
- 74) 3 THINGS I CAN'T LIVE WITHOUT ARE...
- 75) THE "SHOULD" FILL UP ___% OF MY DAY. WHY IS THAT?
- 76) THIS IS HOW I ROCK MY OWN WORLD...
- 77) WHEN I WAS 12...
- 78) I FEEL LOVED WHEN...
- 79) WHEN I FEEL A LOSS OF CONTROL I...
- 80) I AM THE BEST AT...
- 81) THEY NEED ME BECAUSE...
- 82) I MAKE THE BEST...
- 83) I KNOW I AM APPRECIATED WHEN...
- 84) I WISH SOMEONE HAD TOLD ME...

DAILY REFLECTIVE Prompts



- 85) THE LAST SONG PLAYING IN MY HEAD WAS...
- 86) WHEN IN DOUBT...
- 87) TREES ARE GOOD FOR...
- 88) MY WASHING ORDER IN THE SHOWER IS...
- 89) RELAXATION IS...
- 90) SELF CARE IS...
- 91) 5 DIFFERENT USES FOR CRAYONS ARE...
- 92) MY FAVOURITE SMELL IS...
- 93) MY MOST IRRATIONAL FEAR IS...
- 94) MY MOST OUTRAGEOUS DREAM IS...
- 95) IN 3 MONTHS FROM NOW I WILL...
- 96) 3 THINGS THAT MAKE ME GO HMMMMMM...
- 97) EVERYTHING CHANGED WHEN...
- 98) IF I HAD 10X THE COURAGE THAN I HAVE RIGHT NOW, I WOULD...
- 99) MY BREAKTHROUGH WILL INCLUDE...
- 100) I BREATHE MORE DEEPLY WHEN...
- 101) I AM MOST COMFORTABLE WHEN...
- 102) SOCKS ON OR OFF IN BED...GO...
- 103) WHEN I GO TO THE CITY I ALWAYS...
- 104) GOING TO THE COTTAGE MEANS...
- 105) I RESENT OTHER WOMEN WHO...
- 106) I STRUGGLE TO UNDERSTAND WHY...
- 107) I QUICKLY LEARNED THAT...
- 108) MEN ARE TO WOMEN LIKE _____ ARE TO _____ BECAUSE....
- 109) MY COMFIES CONSIST OF...
- 110) I AM _____ FROM THE MOVIE "INSIDE OUT"
- 111) WHEN I'M NERVOUS I...
- 112) I CAN'T SEEM TO STOP...

DAILY REFLECTIVE Prompts



- 113) MY FAVOURITE HUMAN ORGAN IS_____ BECAUSE...
- 114) WHEN I LOOK AT YOU I THINK...
- 115) MY JOURNAL IS...
- 116) WHAT DO I LOOK FOR IN A PEN AND WHY?
- 117) ON VACATION I MUST/THERE MUST BE...
- 118) PIZZA MUST HAVE_____
- 119) I JUDGE OTHERS WHEN...
- 120) NOW THAT I CAN _____ I HAVE NOTICED _____ HAS ALSO CHANGED. WHY?
- 121) WHEN I DREAM ABOUT_____ I WAKE UP FEELING...
- 122) MY #1 CORE VALUE IS...
- 123) YOU MATTER TO ME BECAUSE...
- 124) I COULD EASILY WALK AWAY FROM...
- 125) I MATTER BECAUSE...
- 126) DOGS OR CATS...GO
- 127) I WISH MY BODY DIGESTED (INSERT FOOD) _____ BETTER. BECAUSE...
- 128) I DON'T LIKE _____ BECAUSE...
- 129) WHEN I SEE/HEAR A BABY I...
- 130) THE PURPOSE OF WATER IS...
- 131) A MESSY DESK IS THE SIGN OF _____. NOW ARGUE THE OPPOSITE OPINION.
- 132) FREEDOM IS...
- 133) I SEE WITH MY...
- 134) I FEEL WITH MY...
- 135) MY FAVOURITE PLACE TO WALK IS_____BECAUSE...
- 136) MY DREAM PLACE TO LIVE IS_____ BECAUSE...
- 137) THE MOST PROMINENT THING ON MY VISION BOARD IS...
- 138) I NEED _____ IN THE MORNING, BECAUSE...
- 139) I KNOW S/HE/THEY IS MY SOUL MATE BECAUSE...
- 140) IF I HAD TO GUESS I WOULD SAY THAT UNICORNS EXIST BECAUSE...

DAILY REFLECTIVE Prompts



- 141) MY FAVOURITE MONTH IS...
- 142) FOR ME THE WIND SIGNIFIES...
- 143) MY FAVOURITE TOY AS A CHILD WAS...
- 144) I KNEW AT AN EARLY AGE THAT...
- 145) WHEN I EAT _____ I INSTANTLY FEEL...
- 146) MY FUTURE IS FILLED WITH...
- 147) I AM MOST GRATEFUL FOR...
- 148) I AM...
- 149) I FEEL MOST LIKE MYSELF WHEN...
- 150) I AM PROUD THAT I...

Additional Prompts

- WHEN (THIS) HAPPENED I FELT/ I THOUGHT/ I ASSUMED/ I BELIEVED...
- I WAS TRIGGERED BY...
- I CAN REFRAME (THIS) BY...
- I WONDER WHY...
- TODAY I NOTICED...
- WHEN I TAKE THE "BIRD'S EYE VIEW" I SEE...
- IF I WERE TO EXPERIENCE THE SITUATION AS HER/HIM/THEM I WOULD SEE/FEEL/HEAR...
- IF I WERE A FLY ON THE WALL, I WOULD I SEE THAT...
- WHEN I TAKE 3 GIANT STEPS TO THE LEFT/RIGHT/BACKWARDS/FORWARDS THE FOLLOWING THINGS ALSO SHIFT...
- HOW WOULD I LIKE TO FEEL INSTEAD?
- WHAT 3 THINGS COULD I DO NOW TO ALIGN MORE FULLY WITH MY VALUES...
- TO ME, (THIS) MEANS...