

# 25 Journal Ideas

1. What are 10 things you are really good at?
2. What are 5 physical features you love about yourself
3. What are 3 of your strongest qualities?
4. Write out your ideal vision of your “dream life”
5. What are 3 goals you want to accomplish before the end of the year
6. Write out a gratitude list of things you are thankful for
7. Write out 10 positive affirmations
8. What are 5 of your best personality traits
9. How can you love yourself more?
10. Write out a perfect morning routine to stick to
11. Write out things you forgive yourself for
12. What are 3 ways you can take actionable steps towards your dreams?
13. What do you love most about your life?
14. How can you improve your mindset so you love yourself more?
15. Write yourself a love letter
16. Write out 15 compliments you can give yourself
17. What are 5 things you have done that make you proud?
18. What bad habits and mindsets do you need to quit?
19. What are 10 things that make you the happiest?
20. Write a positive advice letter to your future self.
21. Describe yourself positively in 10 words
22. What’s standing in the way of your happiness and what can you do to fix that? (Positive thoughts only)
23. What are 5 good habits you want to start next month?
24. What are 5 flaws that you accept and how can you look at these flaws in a positive light?
25. Write yourself a thank you letter