

# My Morning Journal

*When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love...*

Marcus Aurelius

DATE:    /    /

I'M CURRENTLY FEELING:

THANK YOU FOR:

HOW I MOST WANT TO FEEL TODAY:

WHAT I WANT MY DAY TO LOOK LIKE:

WHAT DO I WANT TO CREATE AND EXPERIENCE IN MY LIFE?

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MIND DUMP:

WHAT ARE 3 THINGS I CAN DO TODAY (BIG OR SMALL) TO GET ME CLOSER TO ACCOMPLISHING MY GOAL?

WHAT CAN I DO TODAY TO TAKE CARE OF MYSELF?

# 22 Journal Prompts

*The quality of your life is determined by the quality of your questions.*

Find a quiet space with no distractions, grab a journal, light some candles, play some high-vibe music, and pick a prompt below to spark inspiration and self-discovery.

What is the ideal version of myself?

What's holding me back?

What gives me energy?

What depletes my energy?

What do I love most about myself?

Who inspires me and why?

What does my ideal day look like?

If I wasn't afraid, what would I do and become?

How can I have more fun?

For challenging situations: How is this situation perfect? What is it teaching me?

How am I fabulous?

What am I ready to let go of and how will it make my life better?

What's on my bucket list?

At the end of my life, what do I want my legacy to be?

What shift am I ready to make?

What's working well in my life?

What types of people do I want to surround myself with and why?

When did I do something that I doubted I could do?

Who have I given my power to? How can I take it back?

How is my life abundant and rich?

What is my definition of success?

What does my future self like in detail?