

50 Free Journal Prompts

Gentle prompts for clarity, calm and self-reflection

One prompt a day is enough. Don't overthink it — write for five minutes without editing. There are no wrong answers. This free pack contains 20 starter prompts; the complete HawkInc collection includes 1000 guided prompts organized by theme.

Daily reflection prompts

- ◆ What is one thing that went well today, and why?
- ◆ What am I avoiding, and what is the smallest first step?
- ◆ Who am I grateful for right now, and have I told them?
- ◆ What drained my energy today? What restored it?
- ◆ If I trusted myself fully, what would I do next?
- ◆ What does 'a good day' actually look like for me?
- ◆ What thought keeps repeating, and is it true?
- ◆ What would I tell a friend in my exact situation?
- ◆ What am I proud of that I haven't acknowledged?
- ◆ Where did I say yes when I wanted to say no?
- ◆ What is one boundary I need to protect this week?
- ◆ What am I holding onto that I could put down?
- ◆ When did I feel most like myself recently?
- ◆ What is my body telling me that I've been ignoring?
- ◆ What would 'enough' feel like today?
- ◆ What is a small win I can build on tomorrow?
- ◆ What am I curious about lately?
- ◆ What fear is shaping a decision I'm facing?
- ◆ What would I do if I knew I couldn't fail?
- ◆ What does rest look like for me — really?

Keep going: the complete 1000-prompt collection covers anxiety relief, gratitude, goal-setting, healing and more.