



Journal Prompts for Calm & Reflection

Gentle prompts to help you pause, notice and reconnect with yourself.

Choose one prompt, take a quiet moment and write whatever comes naturally.
There are no right answers. A few words are enough if that is all you need today.

1

What am I feeling right now, without judging it?

2

What do I need more of today?

3

What can I gently let go of for now?

4

What has helped me feel calm recently?



Journal Prompts for Calm & Reflection

Gentle prompts to help you pause, notice and reconnect with yourself.

Continue with whichever prompts feel useful today.

You can return to this page whenever you want a gentle moment of reflection.

5

What is one small thing I am grateful for today?

6

Where in my life could I offer myself more kindness?

7

What does feeling balanced mean to me today?

8

What is one gentle intention I want to carry forward?
