



Evening journal prompts

A few minutes before bed: look back, name a feeling, notice a small win, park tomorrow and finish on something calm.

Look back on the day

Put the day into words before you put it down.

- 1 What happened today, in three sentences?
- 2 What took up most of your attention today?
- 3 What surprised you today?
- 4 What was the hardest moment of the day?
- 5 What was the best moment of the day?
- 6 If today had a title, what would it be?
- 7 What did you spend time on that you are glad about?
- 8 What did you notice today that you usually miss?

Feelings

Name what is still with you. The feelings wheel can help find the word.

- 9 How are you feeling right now, in one word?
- 10 What feeling showed up most today?
- 11 What is still bothering you from today?
- 12 What gave you energy today, and what drained it?
- 13 When did you feel most like yourself today?
- 14 What do you need more of tomorrow?
- 15 What would you tell a friend who had the day you just had?
- 16 What can you forgive yourself for today?

Small wins

Easy to miss on a busy day.

- 17 What is one thing you finished today?
- 18 What did you do today that future you will thank you for?
- 19 Where did you make progress, even slowly?
- 20 What did you handle better than you would have a year ago?
- 21 What kind thing did you do for someone today?
- 22 What did you say no to, and why was that right?
- 23 What was a good decision you made today?
- 24 What are you proud of from today, however small?

Park tomorrow

Write tomorrow down so it can wait until morning.

- 25 What three things do you want to remember for tomorrow?
- 26 What is worrying you about tomorrow, and what is one small step for it?
- 27 What can wait until later this week?
- 28 What would make tomorrow feel like a good day?
- 29 What do you want to do differently tomorrow?
- 30 Who do you want to reach out to tomorrow?
- 31 What is the first thing you will do tomorrow morning?
- 32 What can you let go of before you sleep?

Wind down

Finish on something calm.

- 33 What are you grateful for tonight?
- 34 What is one thing you are looking forward to?

35 What sound, smell or feeling is comforting right now?

36 What would help you rest well tonight?

37 What went right today that you did not expect?

38 What is one sentence you want to end the day with?

39 What would feel kind to yourself before bed?

40 What do you want to remember about today?