

EMOTIONS

- How do I usually handle my emotions and feelings?
- Are there any emotions that I tend to avoid or suppress?
- What are some ways I can promote positivity and happiness in my life?
- What difficult thoughts or emotions come up most frequently for me?
- Describe a choice I regret. What did I learn from it?
- What were some moments of peace or calm today?
- What are three things that can instantly disrupt a good mood and bring me down?
- What does happiness mean to me?
- What are three self-defeating thoughts that show up in my self-talk? How can I reframe them to encourage myself instead?
- Who do I trust with my most painful and upsetting feelings? How can I connect with them when feeling low?
- What do I fear most? Have my fears changed throughout life?
- What's going on that makes this time so difficult?
- What is causing my distress?
- How have I coped with difficult times in the past?
- What self-care practices have helped me in the past?
- What would my life be like without my biggest fear?
- What is the worst that can happen if I face my fear? What is the best that can happen?
- What emotion am I feeling right now? Write it down no matter how big or small it may seem.
- How did my emotions affect my thoughts and behaviour today?
- How can I better cope with difficult emotions in the future?

RELATIONSHIPS

- Who do I trust most? Why?
- What are the most important relationships in my life? How can I strengthen them?
- What are my strengths in relationships (kindness, empathy, etc.)?
- What do I value most in relationships?
- What communication patterns do I notice when things get difficult?
- What three important things have I learned from previous relationships?
- What is my love language? How do I communicate love and affection to my partner or loved one?
- What are some challenges I face in my relationships? How can I work on improving these challenges?
- What five traits do I value most in potential partners?
- How do I respond to conflict in my relationships?
- How do I show compassion to others? How can I extend that same compassion to myself?
- What are three things working well in my current relationship? What are three things that could be better?
- How do I manage stress and emotions in my relationships?
- What boundaries could I set in my relationships to safeguard my own well-being?
- What do I most want my children (or future children) to learn from me?
- How can I better support and appreciate my loved ones?
- What does love mean to me? How do I recognise it in a relationship?
- List three things I'd like to tell a friend, family member, or partner.
- How do I communicate my needs and boundaries in my relationships?
- What are some ways I can deepen my connections with loved ones?

*1st Anniversary
Edition*

100 JOURNAL PROMPTS

This booklet belongs to

85 RUE
TRANQUILLE

FUN

- What is something silly that always makes me laugh?
- What is a favorite childhood memory that still brings me joy?
- What is my favorite meal or type of food, and why do I love it so much?
- What is a book or movie that always puts me in a good mood, and why?
- What is something I've always wanted to try but haven't yet? How might I make that happen?
- What is one thing I can't live without?
- What is one funny story about my life that I don't mind sharing with other people?
- List 10 of my favorite things.
- What is something about myself that I know is quirky?
- If I could be any fictional character, who would I choose and why?
- What is the most outrageous outfit or costume I've ever worn? Where did I wear it, and how did I feel?
- What is my favorite silly joke or pun, and why does it make me laugh?
- What is the best gift I have ever given, and why was it so special?
- What is the funniest prank I have ever played on someone, or that someone has played on me?
- What is my favorite childhood toy or game, and why did I love it so much?
- If I had all the time and resources I needed, what activities or hobbies would I pursue?
- Write my future self a letter that begins: "Dear future me, this is what I want for you..."
- If I could spend twelve hours doing anything I want, anywhere I want, how would I spend them?
- What rule do I most want to break?
- What's the most ridiculous thing I've ever purchased? Did it turn out okay?

CREATIVITY

- What does creativity mean to me?
- How do I get to use my creativity on a daily basis?
- What is one thing that I have always wanted to create, and what steps can I take to make it a reality?
- What is one place that inspires my creativity?
- What are my passions and interests, and how can I incorporate them into my work or personal life?
- What is one thing that I can learn or experiment with in order to expand my creative skills and knowledge?
- How can I challenge myself to think outside of the box and embrace new and creative ideas?
- How can I surround myself with people and environments that foster creativity and inspiration?
- What are some ways I can take time for myself and recharge my batteries to cultivate creativity and inspiration?
- How can I incorporate more play and fun into my life to foster creativity and inspiration?
- How can I be more open-minded and receptive to new ideas?
- What are some ways I can use technology and innovation to enhance my creativity and inspiration?
- If I could travel back in time to any moment in history, where would I go, and what would I do?
- If I could talk to any animal, which animal would I choose, and what would I ask them?
- If I could live anywhere in the world, where would I choose, and why?
- If I won the lottery, how would my life change, and what would I do with the money?
- If I could switch places with someone for a day, who would I choose, and what would I do in their shoes?
- If I could meet any famous person, living or dead, who would I choose, and what would I ask them?
- If I were a superhero, what would be my name, powers, and costume?
- If I could relive any day from my past, which day would I choose, and what would I do differently?

GRATITUDE

- What positive things do I have in my life right now?
- What are three things I am grateful for today?
- Who are three people in my life that I am grateful for, and why?
- What did I eat this week that was delicious?
- What is one thing that I often take for granted in my life, and how can I cultivate more appreciation and gratitude for it?
- What are some positive qualities or strengths that I possess, and how can I be grateful for them?
- What is something in my life that I feel "lucky" to have?
- What is something about my living space that I am especially thankful for?
- What is something I am grateful to have learned recently?
- In what ways have I grown as a person over the last year?
- What has surprised me, in a good way?
- What were some moments of joy today?
- How does expressing gratitude make me feel right now?
- Who or what in my life am I happy to have let go?
- What one thing do I own that makes every day a little bit easier?
- Write about a person who always makes me laugh.
- Write about an event in my life that changed it for the better.
- Who has loved me unconditionally?
- What guilty pleasure am I secretly grateful for?
- What's the most memorable conversation I've had in the past year?