



April Journal Prompts

1. What are 5 compliments you could give yourself right now?
2. How do you remind yourself that you are enough?
3. What is draining your energy right now?
4. If you could have any animal as a pet, what pet would you have?
5. Who would play you in a movie about yourself?
6. What is something you have never told anyone before?
7. What would you do if you had no fear?
8. How do you handle failure?
9. What do you appreciate about today?
10. If you could share one message with the world, what would it be?
11. Clear your mental desk... write down everything you are thinking about right now.
12. How did you feel after writing all your thoughts out?
13. Write a poem describing the exact opposite of yourself.
14. What would make you happy right now?
15. What is your favorite drink flavor?
16. What does a good night of sleep feel like?
17. Write all about your day.
18. What tv show or movie world would you love to live in?
19. What do you like to do on a rainy day?
20. What was your worst breakup like?
21. What did you do to comfort yourself?
22. What is the worst thing you have ever done?
23. What would you do if you were invisible?
24. What is the biggest risk you have ever taken?
25. How do you relate to others?
26. How might you relate to others in a way that better serves them and you?
27. What does sadness mean to you?
28. What can you do to combat sadness?
29. How can you help others when they are sad?
30. What are you proud of this month?



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