

Journaling

20 Ideas to write about



1. 100 things you are grateful for today.
2. Your intention for the week or the day.
3. Writing a set of affirmations that you can repeat either in the morning during the day or night.
4. How you are feeling today or what kind of feeling you want to attract in your life.
5. Some interesting things that happened in the last couple of days.
6. Celebrating a win.
7. Writing down your goals for the day, the week or the month.
8. An inspiring quote you read about and you want to write your thoughts about.
9. Things that you need to let go of.
10. Write down details about a dream that you have had recently.
11. Write a letter to yourself or someone in your circle, near or far.
12. Write about a new discovery that you have made, or something that you have learnt in this eBook recently or another book you have been reading.
13. Write about people that inspire you and why they inspire you.
14. Make a bucket list.
15. Write a letter to the future you.
16. Write about a new book you just read, a new movie or a song you heard and how it made you feel.
17. Describe something simple in as much details as you can; the look, the smell the feel, etc.
18. Write about your fears.
19. Something you have learned recently that really touched your heart.
20. Write about something that is happening in the world and explain how you feel about it.