

What to journal about when you're

having a great day



What's your favorite thing that happened today?

How did you start your day?

What's something you did today that you want to keep doing?

Who helped your day to be amazing?

How can you help others to have a great day like you've had?

List your top 3 moments from today.

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having a bad day



Vent about what bothered you.

What made you laugh today?

What's one thing from today for which you're grateful?

Who helped you today?

What can you do tomorrow to have a better day?

How did today change your perspective?

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having a boring day



Describe your favorite part of everyday.

How did you serve someone today?

What would your perfect day look like?

Who put a smile on your face today?

What's a new hobby you'd like to try?

What was the most beautiful thing you saw today?

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feeling nostalgic



Describe the best meal you've ever eaten.

How did you get that scar?

What is something you've done that's made you proud?

Who has impacted your life for the better?

What are your favorite smells? Why?

What was your favorite thing to do in the summertime as a kid?

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