

Intentional Living

Journal Prompts

1. Do you feel like you are living your life with purpose?
2. Are you content with life?
3. What are the things that are most important to you?
4. What does your ideal life look like?
5. What matters most to you?
6. How do you spend your precious time?
7. What does your perfect day look like?
8. What is one thing you can do that is outside of your comfort zone?
9. What speaks to your soul?
10. What is your vision for your best life?
11. What sort of person do you want to be?
12. What things make you happy?
13. What do you most want to accomplish in life?
14. What can you let go of in order to have a better life?
15. What's your wildest dream?
16. How do you want to share, to serve, to grow?
17. How can you trust yourself more?
18. What makes you unique?
19. What things are you interested in?
20. What are some things you want to learn more about?
21. What are you passionate about?
22. How can you devote more time and energy to your passions?
23. What is your biggest goal or dream?
24. Are you pursuing your dreams with energy?
25. What does success mean to you?
26. What makes you feel most fulfilled?
27. How can you live more in the present moment?
28. What are you most grateful for in life right now?
29. What's something that's worth doing today, regardless of what other people think?
30. What's one habit that you wish you could start building today?

