



365

GENTLE JOURNALING PROMPTS

for Slow & Intentional Living

Everyday reflections to help you slow down, be present and live with more purpose and peace.



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EVERYDAY LIFE

1. What felt simple and good today?
2. Describe a moment recently that made you smile.
3. Two things I'm looking forward to this week are...
4. What feels most important to me right now?
5. List three things that can wait.
6. What is taking up too much space in my mind?
7. Three things that are working well in my life right now.
8. I need less...
9. I need more...
10. What would make this week feel a little easier?
11. Today I felt most alive when...
12. One small thing I can do for myself this week is...
13. A highlight from my day was...
14. What did I learn today?
15. What would I like to remember about today?
16. What brought me peace today?
17. What drained me today?
18. What am I grateful for today?
19. What would tomorrow be better with?
20. Right now, I choose...

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HOME & HOMEMAKING

21. Finish this sentence: "Home feels most like home when..."
22. Describe a room in my home that brings me peace.
23. One small change that would make daily life easier is...
24. What household task keeps getting postponed—and why?
25. A homemaking task I secretly enjoy is...
26. To me, a calm home means...
27. Three routines that help my home run smoothly.
28. What clutter am I ready to let go of?
29. How do I like to make guests feel welcome?
30. Something I love about my home is...
31. List five things I want to create more of in my home.
32. What would my ideal morning at home look like?
33. What can I do today to make home life a little softer?
34. What does "enough" look like in my home?
35. What helps our family feel connected?
36. What would I like our home to be a place of?
37. What memories have been made here?
38. What do I appreciate about sharing this home?
39. When do I feel most at home?
40. What is one thing I can do to bring more beauty into my home?

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SEASONAL LIVING

41. List five signs of the current season you've noticed this week.
42. A seasonal pleasure I've enjoyed recently is...
43. How can I slow down more this week?
44. What helps me feel more connected to nature?
45. My favourite seasonal tradition is...
46. What is changing around me?
47. A seasonal food I'm enjoying is...
48. Something I want to savour more of is...
49. A seasonal memory that comes to mind...
50. What does this season teach me?
51. What is my favourite thing about this time of year?
52. What do I love to wear this season?
53. How do I want to feel this season?
54. Write about a perfect seasonal day.
55. What does this season invite me to let go of?
56. What brings me comfort as the seasons change?
57. How does the rhythm of nature inspire me?
58. What seasonal activity brings me joy?
59. What beauty can I look for this week?
60. How can I embrace this season more fully?

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FAMILY & RELATIONSHIPS

61. A family moment that brought me joy recently...
62. Who do I want to connect with more—and how?
63. A loved one I'm grateful for is...
64. What relationship deserves more of my time and attention?
65. What conversation am I avoiding?
66. A family tradition that means a lot to me...
67. How have my relationships changed over time?
68. What makes me feel truly loved?
69. How do I show love to others?
70. Write a note of gratitude to someone in your life (you don't have to send it).
71. What do I appreciate about my family?
72. How can I be more present with the people I love?
73. What have I learned from someone close to me?
74. What do I admire in a friend or family member?
75. How can I offer more support to someone I care about?
76. What boundaries do I need in my relationships?
77. What do I want our family culture to be?
78. What lessons from my family do I cherish?
79. How can I express more kindness and patience?
80. What are we creating together?

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SELF-CARE & WELLBEING

81. If self-care felt simple rather than complicated, what might it look like in this season of life?
82. What does my body need today?
83. How is my energy lately?
84. What helps me feel rested and recharged?
85. I feel most like myself when...
86. One habit that supports my wellbeing is...
87. One habit that no longer serves me is...
88. How do I know when I'm getting overwhelmed?
89. What helps me reset?
90. What am I neglecting that I need to bring more attention to?
91. What do I need to hear right now?
92. List five things that bring me comfort.
93. What makes me feel calm?
94. How can I be gentler with myself?
95. What activities make time disappear in a good way?
96. What do I enjoy doing just for me?
97. How can I protect my peace?
98. What would a day that nourishes me look like?
99. What am I proud of myself for?
100. What do I want to remember about myself?

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HOW TO USE THESE PROMPTS

Choose any prompt that speaks to you. There's no right or wrong way to journal. Write as much or as little as you like. Come back to your favourites, or try something new each day.



A GENTLE REMINDER

You don't have to have it all figured out. Small moments of reflection can lead to meaningful change.

One day, one page at a time.

