

50 Winter Journaling Prompts

FOR REFLECTION, WELLBEING AND THE LIFE YOU'RE LIVING

1. Body, Mind & Soul

1. Write three words that come to mind when you think of winter.
2. How is my energy today, and what do I need more of?
3. What does rest look like for me right now?
4. Write about a time recently when I felt truly calm.
5. What helps me feel grounded on difficult days?
6. How do I want to feel in my body this season?
7. What is something I can do this week to care for myself?
8. Write about a simple pleasure that always lifts my mood.
9. What thoughts do I find myself returning to most often?
10. What does a "good day" look and feel like for me right now?

2. Home & Everyday Life

11. What makes my home feel cosy and welcoming in winter?
12. Describe a favourite winter moment in my home.
13. What everyday routines bring me comfort at this time of year?
14. What do I most appreciate about my current home?
15. Write about a space in my home that makes me happy.
16. How can I make ordinary days feel a little more special?
17. What's one thing I can simplify in my home or routine?
18. Write about a recent conversation that meant a lot to me.
19. What does home mean to me, and has that changed over time?
20. What are three things I'm grateful for in my everyday life?

3. The Life I'm Living

21. What am I learning about myself at this stage of my life?
22. What are three things I'm proud of right now?
23. How have I changed over the past year?
24. What do I value most in my life right now?
25. What are three things that bring me a sense of purpose?
26. Write about a challenge I've faced and what it taught me.
27. What kind of person do I want to be in the years ahead?
28. What are three things that matter most to me?
29. How do I want to spend my time, and what might need to change?
30. Write a letter to my future self, one year from now.

4. Intentions & Possibilities

31. What would I like to make more room for in my life?
32. What do I want to carry with me into spring?
33. What would I like to let go of, and why?
34. How can I be kinder and more patient with myself?
35. What small step could help me move towards a life I love?
36. Write about a goal or dream that still matters to me.
37. What would feel possible if I trusted the timing of my life?
38. What new habit or routine would support me right now?
39. How do I want to feel as we move into a new season?
40. What is one thing I'm looking forward to in the months ahead?

5. Winter Wisdom & Seasonal Reflection

41. What does winter teach me about slowing down?
42. How does the changing season make me feel?
43. What is something I notice more during winter?
44. Write about a winter memory that I still love.
45. What can I learn from the natural world at this time of year?
46. How does winter invite me to be more present?
47. What beauty can I find in the quieter, colder days?
48. Write about a moment in nature that made me pause.
49. What does this season allow me to see more clearly?
50. What is one piece of wisdom I want to take from this winter?



Date: _____

Prompt:

