



# 20 journal prompts

for self-care, finding joy, and healing this Pride month.

- ♥ What am I most **grateful** for today?
- ♥ What, or who, is my greatest source of **inspiration**?
- ♥ Is there anything I've been angry or upset about recently?  
What can I do to show **kindness & empathy** to myself at this time?
- ♥ I'm the most **energized** when.....
- ♥ Write about a time when I felt the most **free**.
- ♥ Describe a place that **makes you feel the safest**.
- ♥ Describe **the person you want to be** in 3 words.
- ♥ What makes you feel anxious?  
What can you do to **protect your space** during these situations?
- ♥ What is one **lesson you learned** the hard way?
- ♥ What would you want the **world to know** about you?
- ♥ Describe what your **favorite song** makes you feel.
- ♥ What does your **ideal day** look like?  
*Pull out your calendar and mark down a day for you to do everything you just described!*
- ♥ What is your **love language**?  
What's your favorite **memory** associated with this love language?
- ♥ What makes you **happy**?
- ♥ Write a **love letter** to yourself.
- ♥ Write a **letter of forgiveness** to yourself.
- ♥ If I could describe my personality as a **color**, what color would it be and why?
- ♥ Who are the people I'm most **grateful** for?
- ♥ What are 3 ways I want to **contribute to my community**?
- ♥ If there was a **movie made about you**, what would it be called?