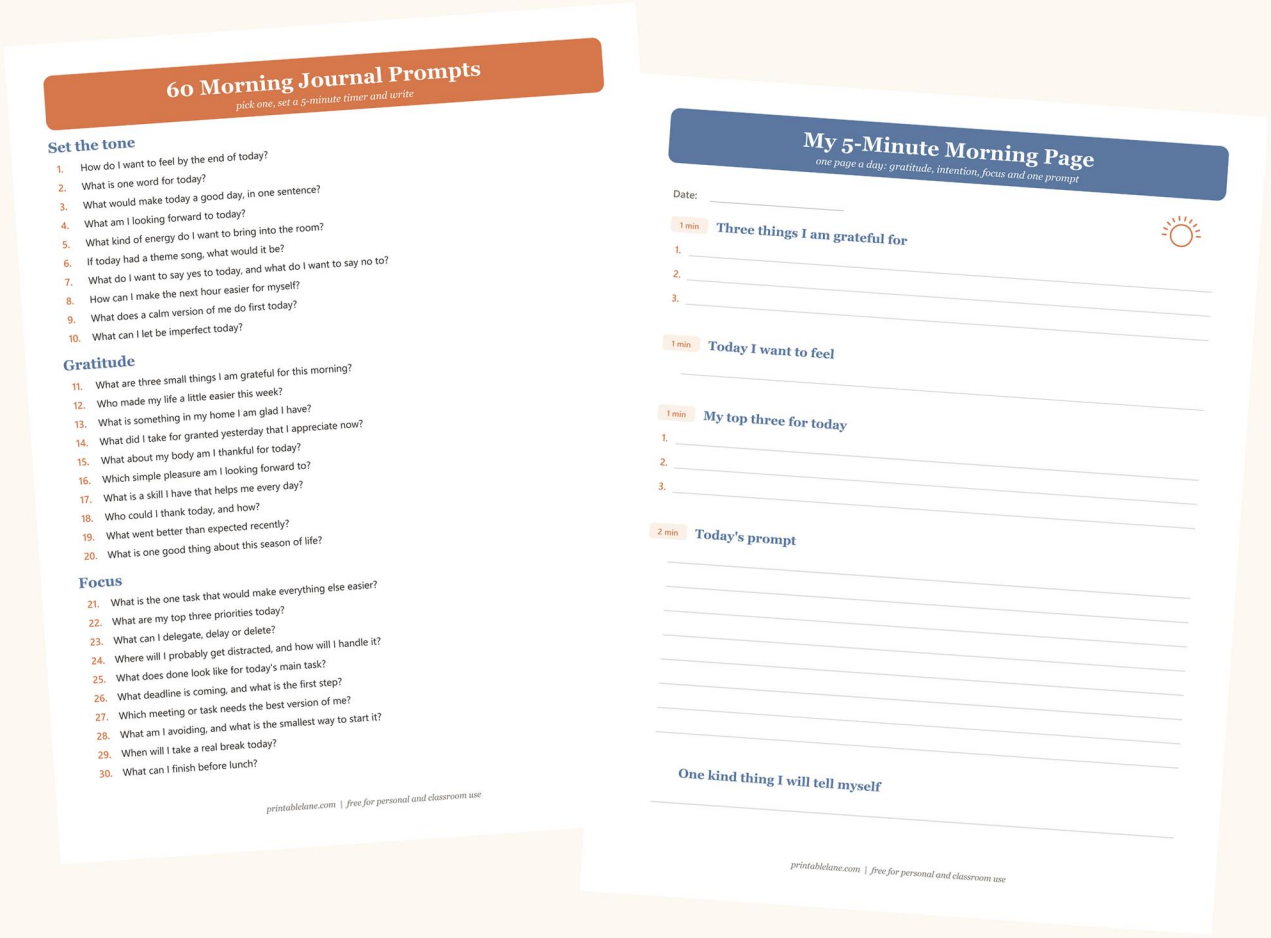
Morning Journal

PROMPTS

60 prompts + a 5-minute morning page



60 Morning Journal Prompts

pick one, set a 5-minute timer and write

Set the tone

1. How do I want to feel by the end of today?
2. What is one word for today?
3. What would make today a good day, in one sentence?
4. What am I looking forward to today?
5. What kind of energy do I want to bring into the room?
6. If today had a theme song, what would it be?
7. What do I want to say yes to today, and what do I want to say no to?
8. How can I make the next hour easier for myself?
9. What does a calm version of me do first today?
10. What can I let be imperfect today?

Gratitude

11. What are three small things I am grateful for this morning?
12. Who made my life a little easier this week?
13. What is something in my home I am glad I have?
14. What did I take for granted yesterday that I appreciate now?
15. What about my body am I thankful for today?
16. Which simple pleasure am I looking forward to?
17. What is a skill I have that helps me every day?
18. Who could I thank today, and how?
19. What went better than expected recently?
20. What is one good thing about this season of life?

Focus

21. What is the one task that would make everything else easier?
22. What are my top three priorities today?
23. What can I delegate, delay or delete?
24. Where will I probably get distracted, and how will I handle it?
25. What does done look like for today's main task?
26. What deadline is coming, and what is the first step?
27. Which meeting or task needs the best version of me?
28. What am I avoiding, and what is the smallest way to start it?
29. When will I take a real break today?
30. What can I finish before lunch?

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My 5-Minute Morning Page

one page a day: gratitude, intention, focus and one prompt

Date: _____

1 min **Three things I am grateful for**

1. _____
2. _____
3. _____

1 min **Today I want to feel**

_____

1 min **My top three for today**

1. _____
2. _____
3. _____

2 min **Today's prompt**

_____

One kind thing I will tell myself

_____

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60 Morning Journal Prompts

pick one, set a 5-minute timer and write

Body & energy

31. How did I sleep, and what helped or hurt?
32. What does my body need more of today: water, movement, rest or food?
33. How can I move for ten minutes today?
34. What would a nourishing breakfast or lunch look like today?
35. Where am I holding tension right now?
36. What time do I want to be in bed tonight?
37. What drains my energy that I could avoid today?
38. How can I get some daylight or fresh air?
39. What is one healthy choice that is easy today?
40. On a scale of 1 to 10, how rested am I?

Mindset

41. What worry can I write down and leave on this page?
42. What would I tell a friend who had my day ahead?
43. What is a kind thing I can say to myself today?
44. What am I proud of from the last few days?
45. What challenge today could help me grow?
46. What story am I telling myself that might not be true?
47. What is within my control today, and what is not?
48. How do I want to respond if something goes wrong?
49. What would I try today if I felt confident?
50. What am I learning right now?

Connection & joy

51. Who would I like to check in with today?
52. How can I make someone smile today?
53. What is something fun I can do, even for five minutes?
54. What can I look forward to this evening?
55. Who in my life deserves more of my attention?
56. What is a small act of kindness I can do today?
57. What made me laugh recently?
58. What creative thing could I do today?
59. What would make tonight cozy?
60. What is one thing I want to remember about today?

My 5-Minute Morning Page

one page a day: gratitude, intention, focus and one prompt

Date: _____



1 min

Three things I am grateful for

1. _____
2. _____
3. _____

1 min

Today I want to feel

_____

1 min

My top three for today

1. _____
2. _____
3. _____

2 min

Today's prompt

_____

_____

_____

_____

_____

_____

_____

_____

One kind thing I will tell myself

_____

Morning Page

Date: _____

1 min **Three things I am grateful for**

1. _____
2. _____
3. _____

1 min **Today I want to feel**

_____

1 min **My top three for today**

1. _____
2. _____
3. _____

2 min **Today's prompt**

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_____

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One kind thing I will tell myself

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Morning Page

Date: _____

1 min **Three things I am grateful for**

1. _____
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3. _____

1 min **Today I want to feel**

_____

1 min **My top three for today**

1. _____
2. _____
3. _____

2 min **Today's prompt**

_____

_____

_____

One kind thing I will tell myself

_____

30-Day Morning Routine Tracker

month _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Woke up on time	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Drank a glass of water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
No phone for the first 20 minutes	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Journaled 5 minutes	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Moved or stretched	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ate breakfast	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Made the bed	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

My morning routine in one sentence:

_____

Morning Prompt Cards

cut them out, keep them by the coffee maker and pull one each morning



How do I want to feel by the end of today?



What would make today a good day, in one sentence?



What are three small things I am grateful for this morning?



Who could I thank today, and how?



What is the one task that would make everything else easier?



What am I avoiding, and what is the smallest way to start it?



What does my body need more of today: water, movement, rest or food?



How can I get some daylight or fresh air?



What is a kind thing I can say to myself today?



What is within my control today, and what is not?



How can I make someone smile today?



What is one thing I want to remember about today?