



*50 JOMO  
JOURNAL  
PROMPTS*

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*I'll read my books and I'll drink coffee and I'll listen to music, and I'll bolt the door.*

*- J.D. Salinger, A Boy in France*

# REFLECTION

## WEEKLY

1. What made me smile this week?
2. What food that I ate this week made me happy?
3. What was my favourite form of media (books, TV shows, movies, music) this week? How it made me feel.
4. Which day of the week was your favourite and why?
5. Things I'm grateful this week.
6. Did I learn something new this week? Yes > Write about it. No > What would I like to learn next week?
7. How did I spend most of my time this week?
8. Emotions: Did I laugh, cry, get angry, feel butterflies this week? When? Write about your emotions.
9. How did I sleep this week? Go in details if you want.
10. Write a little about people you interacted with this week.

# DAILY

1. How am I feeling right now?
2. What are 5 things about me that I currently love?
3. How do I feel physically and mentally?
4. What's on my mind right now?
5. What is one thing I will do/ I did today to feel good?
6. Write about your best daily habits.
7. Write about your most recurrent feeling of the day.
8. One thing you did not like about today (yesterday, if it's a morning journal).
9. Write one thing you're grateful for, one thing you're proud of and one thing you'd like to change.
10. Summarise your day in one line or more.

# HEALING

1. What's my relationship with myself? How can I improve it?
2. Do I feel self-love? How can I love myself better?
3. Write a letter to your younger self.
4. Write a letter to your older self.
5. How do I process sadness? How can I do it better?
6. What makes me feel the happiest? How to do it more often?
7. To me, self-love means.....
8. What I wish people knew about me.
9. A list of all the good things.
10. Songs that feel like medicine.

# MANIFESTATION

1. What do I want to manifest and why?
2. 3 things I am looking forward to...
3. List of goals for the year.
4. What's one thing I can do to get closer to my goal?
5. What's holding me back from achieving my goals?
6. What would your ideal day look like?
7. Are there things that are lowering your vibrations?
8. What would you do if you knew you would succeed?
9. What impact do you have on the world?
10. Why do you deserve the life you're manifesting?

# SELF-DISCOVERY

1. What's on mind a lot lately?
2. What do I think about my daily habits?
3. What makes me like people immediately?
4. When have I felt most motivated?
5. What's the most important thing for you right now?
6. 3 things that I am proud of....
7. 3 things that I am grateful for....
8. 3 things that bother me....
9. What do I feel the most about myself?
10. What can I do to take care of me better?