

**GEM TURNER'S**

# **JOURNAL PROMPTS**

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# Get your brain ticking...



Want to start journaling but don't know where to start or do you feel like the usual prompts just don't suit you? Here are some I use. Write the following down and finish the sentence with your thoughts. Write as much or as little as you wish!

- ◆ I would describe my 2023 as...
- ◆ In 2023 I'm proud of myself for...
- ◆ The challenges for me in 2023 were...
- ◆ My health, energy levels and/or pain in 2023 were...
- ◆ Which makes me feel...
- ◆ I wish my friends and family would...
- ◆ Three things I'd like to do this year...
- ◆ Actions I can do to achieve this...

