

Powerful Journal Prompts to Create Daily Success!



When we Ask Better Questions,
We Get Better Answers

What is my Line of Travel (L.O.T.) today?
and What can I do to be efficient with my
time, energy, and resources?

What do I think, feel, and need today?

What or who do I love?

What habits are serving me? What habits
are not serving me?

What could I be grateful for today and how
could I express my gratitude today?

What are the three areas or tasks that If I
were to focus on them today would give me
the most satisfaction at the end of the day?

What question do I need to ask, so that I
can get clear and take next steps toward a
positive outcome?

What are the nagging thoughts that have
been distracting me and keeping me from
having peace of mind?

What am I or could I be excited about
creating today?

What progress (in any area of life and in
any amount) have I made in the last 48
hours?

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