

# Journaling prompts

- What made me smile today?
- Where do I feel happiest?
- Who is my favourite person and why?
- What cheers me up?
- 5 things that I am grateful for today are ...
- If I could do good in the community, what would it be?
- What personality traits am I most grateful for?
- What is something nice someone did for me this week?
- What is something I could do for someone when I am out of isolation?
- Who do I most admire and why?
- What has this made me grateful for?
- What memory am I grateful for?
- What is the biggest gift in my life right now?
- What do I take for granted?
- What is my favourite part of nature?
- Who made a positive difference in my life?

