

JOURNALING PROMPTS

rose, thorn,
bud

how i was
brave

what i
learned

what i
learned
about
myself

what i'm
taking with
me, what
i'm leaving
behind

what I did
well/what
went well

what felt
hard? what
felt good?

how I want
to grow
from this

how I was
unkind to
myself

how I showed
self-
compassion

what was
important
about today
and what
wasn't

something I
want to
change

something I
don't like,
what I want
instead

where I
want to go
from here

what/who
gave me
strength?

what I
valued

something
that made
me smile or
laugh

boundaries
that I held/
want to set

how I
practiced
pleasure

something I
did with
intention

how I
showed
love or
support to
others

how I
showed
love and
support to
myself

something/
someone
that felt
tiring or
upsetting

something/
someone
that was
energizing
or calming

how I
lived/didn't
live my
values

my mood(s)

my physical,
emotional,
mental
energy levels

something I
regret, what I
will
learn/take
from it

I want to do
more of...

I want to do
less of...



date

ROSE

THORN

BUD

WHAT I'M TAKING WITH ME

WHAT I'M LEAVING BEHIND

HOW I LEARNED

