

# **50 Morning Journal Prompts to Start Your Day** **with Intention**

## **Intention-Setting: Morning Journal Prompts for Clarity**

These good morning journal prompts help you define how you want to show up in the world today.

1. What is one word that describes the energy I want to carry today?
2. If I could only accomplish one thing today to feel successful, what would it be?
3. How do I want to feel when I lay my head on the pillow tonight?
4. What is one area where I can show myself more grace today?
5. What potential "distraction" am I likely to face today, and how will I handle it?
6. How can I be a source of encouragement for someone else today?
7. What is one boundary I need to uphold today to protect my peace?
8. If today were a movie, what would the title of this specific "scene" be?
9. What does "being present" look like for me in my first meeting or task?
10. What is a mantra or affirmation that I can return to when things get stressful?

## **Gratitude & Mindset: To Start the Day Journal Prompts**

Shift your brain out of "scarcity mode" by using these morning journaling prompts to focus on abundance.

11. What are three small things I'm grateful for in this exact moment?
12. What is one thing about my physical environment that I truly appreciate right now?
13. Who is someone I'm glad to have in my life, and why?
14. What is a "win" from yesterday that I haven't fully celebrated yet?
15. What is one thing I'm looking forward to in the next 12 hours?
16. What is a unique strength I possess that will help me today?
17. How has my life improved in the last six months?
18. What is a "problem" I'm currently facing that is actually an opportunity for growth?
19. What is the most beautiful thing I can see from where I'm sitting?
20. What is one thing I love about the person I am becoming?

# Productivity & Goal Alignment: Morning Routine Journal Prompts

Use these morning journal prompts to ensure your daily "hustle" is actually moving the needle on your long-term dreams.

21. How does today's schedule align with my six-month goals?
22. What is one task I've been procrastinating on that I will tackle first?
23. If I had half the time I think I have today, what would stay on the to-do list?
24. What is one "micro-habit" I want to practice today?
25. How can I make my workspace more inspiring this morning?
26. What is the biggest "energy drainer" on my schedule, and how can I minimize it?
27. Who do I need to reach out to today to move a project forward?
28. What does "working at my best" look like for me today?
29. What is one thing I can do today to invest in my future self?
30. How can I incorporate a moment of "play" or "creativity" into my workday?

## Emotional Check-ins: Morning Journaling Prompts

Sometimes you just need to "clear the pipes." Use these to process your internal landscape.

31. How did I sleep, and what does my body need from me today?
32. What is the dominant thought I woke up with this morning?
33. Is there any "residue" or lingering emotion from yesterday I need to release?
34. What is one thing I'm feeling anxious about, and is it a fact or a feeling?
35. How can I support my mental health during my lunch break?
36. What is one truth about myself that I need to remember today?
37. If my inner critic speaks up today, what will my "Wise Mind" say back?
38. What does "rest" look like for me this evening?
39. How can I be more authentic in my interactions today?
40. What is one thing I need to forgive myself for before I start this day?

## Creative & Fun: Morning Journal Prompts for Spark

41. If I could teleport anywhere for a 15-minute coffee break today, where would it be?
42. What is a dream I had last night that felt significant?
43. If I were writing a book about my life, what would the first sentence of today's chapter be?
44. What is a new hobby or skill I've been curious about lately?
45. If I could have a conversation with any mentor (living or dead) this morning, what would I ask?

46. What is the "soundtrack" of my life right now?
47. If I could design the "perfect" breakfast without any constraints, what would it be?
48. What is a question I'm currently seeking an answer to?
49. If I were a character in a fantasy novel, what would my "quest" for today be?
50. What is the most exciting thing about being alive in \_\_\_\_\_ (e.g. 2026)?

