

Journaling Ideas

to Reflect on Your Week

- Your favorite moment this week, and why.
- The day that stood out the most, and why.
- The person you were happiest to see this week.
- Three things you're grateful for that happened this week.
- One small win this week.

- Things that went well.
- Things that could have gone better.
- Something that challenged you this week.
- Something that surprised you this week.
- Things that made you happy this week.

- What you learned about yourself.
- What you would do differently next time.
- A memory from this week that makes you smile.
- Your favorite evening activity this week, and why.
- Your favorite lunch break this week, and why.

- A lesson you learned that will be useful in the future.
- A moment you wish you could have taken a photo of.
- One thing to let go of before next week.
- A place that made you happy this week, and why.
- Something that happened this week that you want to remember forever.