

Mid-Week

Journaling Prompts

..... Ordinary & Happy

1 One good thing that's happened so far this week.	2 Routines and habits you've kept up with.	3 Routines and habits you haven't kept up with.	4 Something you've accomplished already this week (big or small).
5 Times you've felt most energized and motivated.	6 Something you've learned this week.	7 Progress you've made on your biggest goals this week so far.	8 One thing you've done this week so far that made you happy.
9 One unexpected challenge and how you can turn it into an opportunity.	10 Things you still want to accomplish this week.	11 One thing you want to do differently tomorrow.	12 One kind thing to do for yourself this week.
13 Tasks you could delegate to make life easier.	14 Things you could do right now to make the rest of the week easier.	15 Something you look forward to this weekend.	16 Little things to do for your own happiness this week.