

31 JOURNAL PROMPTS FOR FINDING MOTIVATION/INSPIRATION

- DAY 1: What was the most inspiring thing I was known for growing up or what would I like to be known for before I die, & why?
- DAY 2: What are the top 3 things I can start this week that I have been putting off since last year or the past 2 weeks?
- DAY 3: What would my life look like if I woke up everyday receiving financial blessings for what I love doing most? What types of company or who would I be associated w/ & what places would I be in?
- DAY 4: If I could have it my way, would I rather like the weeks to be shorter or the days to be longer, & why?
- DAY 5: What do I consider my greatest accomplishment & why? In what ways can my pride/confidence about this be righteous?
- DAY 6: Motivating/inspiring people strive for success. What does success mean to me? Are dreams & goals the same or is there a difference?
- DAY 7: What are my main goals this year? If I eventually accomplish all of them, what would I reward myself for doing so?
- DAY 8: If tomorrow never came, what would I do today & who/what would I see//visit?
- DAY 9: If I met my future spouse/business partner or future kids/grandchildren, what would I want them to admire & respect about me? Why would it matter to me?
- DAY 10: What is the definition of beauty? What of people & nature do I consider beautiful?
- DAY 11: What can I be excited about this year? What reasons do I have to look forward to them?
- DAY 12: I know the energy I give off will either influence the people around me negatively or positively. Who can I build up & encourage today or who can I give a helping hand today?
- DAY 13: When I think of the most resilient & persevering people in my life, in what ways have they been motivational/inspiring?
- DAY 14: What desires do I have that I know will help me be a better person? What have I done this past week or today or what can I do to be a step closer from seizing it?
- DAY 15: The LORD is the Creator and Finisher of life. If obeying Him also means motivating myself, what do I know I should improve on to seek His will?
- DAY 16: What would a healthier me look like?

- DAY 17: The closest people in my circle/members of my family are tests God has given to me & my relationships with them greatly influences how I love & communicate to the rest of the world. What can I literally do differently today to prepare for a better tomorrow?
- DAY 18: If I gave a TED TALK speech that I wasn't at all nervous about, what would the topic/subject be? Why is this important to me & why should people care?
- DAY 19: If I had to live the rest of my life telling each person I met a word of encouragement, what would that be? Am I living by this myself?
- DAY 20: Everyday I wake up is a new opportunity to reset my mind. What are the top 3 things I can begin to remind myself every morning before I get out of bed?
- DAY 21: There are so many things around me & w/i me to be grateful for. How many things can I think of that inspire creativity and what are they?
- DAY 22: 10 years from now, what is something I would like to share to the younger generation or what is some great news I can hope to tell loved ones in excitement? How would I tell them?
- DAY 23: How important is money to me? If I was born & grew up in a third world country & only recently began working at my first job, what would I do with my first paycheck?
- DAY 24: If one of the items in my bucket list was to travel somewhere, anywhere in the world, where would that place be? What is it about this place that I think I might love & enjoy? What would I bring back w/ me?
- DAY 25: My productivity depends on my mental and emotional state. If I remembered that each & every time I was tempted to be lazy, what questions would I ask myself to get be back on track?
- DAY 26: If I was ever awarded for a project/work or for simply having a great impact on society, who would be the people talking about me? What amazing things would they be saying that would also be humbling to hear?
- DAY 27: I have more motivation when I complete a task and feel very confident about it. How is motivation, discipline, & productivity all connected? What philosophy/wisdom can I add to this?
- DAY 28: Are my dreams, goals or are my goals, dreams? What would my goals please God?
- DAY 29: What worked & what didn't work last year? What did I do that I was half-hearted about? If there were any obstacles & distractions around it, how can I discipline myself better?
- DAY 30: If I prayed more often about motivation, what would I say to God, knowing that w/ Him all things are possible & that I must do all my work for Him?
- DAY 31: What I am grateful for? What can I be grateful for? Did anything good happen? How do I feel about tomorrow?

Here's a few more questions. :P

Do you think these questions would help you understand yourself better?

Do you think they could benefit you & your relationships?

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