

31 JOURNAL PROMPTS FOR CULTIVATING OPTIMISM, FAITH, & HOPE

- DAY 1: What does optimism mean to me & why is it important to have?
- DAY 2: The joy of the LORD is my strength (Neh. 8:10). What is He joyful about in me?
- DAY 3: What am I optimistic about this week? Besides doing this activity, what practical steps am I taking to practice positivity?
- DAY 4: What are 3 things I can be grateful for? What things/situations would God be happy w/ because I am acknowledging the good in them?
- DAY 5: Productivity & usefulness helps me stay busy. In what other ways is responsibility good for me? What responsibilities can I begin to be grateful for & why?
- DAY 6: It's healthy to think positively of myself & others. What qualities do I value most about myself that I have also seen in others this past week?
- DAY 7: It's good to fill my mind with things the LORD values & not earthly/temporary things. What specific things do I believe God would want me to think of often?
- DAY 8: Whatever I believe becomes my reality. What 3 things am I choosing to believe today? How is this benefitting my spiritual growth?
- DAY 9: The LORD is pleased w/ me when I pray faithfully. How can I make sense that this God's will?
- DAY 10: I am grateful for God's grace & mercy, & He has not given up on me no matter how many times I have made a mistake.. What does He want me to do w/ the life that He given me?
- DAY 11: Everyday is another opportunity to count my blessings & therefore make use of them. What skills, talents, & abilities has the LORD given me that I can use to bless someone this week?
- DAY 12: What/where do I find peace in? How can I cultivate more of this in my life?
- DAY 13: What 3 things can I be grateful for today that I didn't thank the LORD for in the past week? How are these blessings to me?
- DAY 14: Everything happens for a reason. What is something that recently happened where the outcome was not expected? If there is a lesson behind it, can this lesson be counted as a blessing? If it's not benefitting me, who is it benefitting in the name of God & why?

- DAY 15:: What am I growing confidently about that God is working out in my life (this week/month/year)? Where do I sense His favor is leaning towards? In what ways can I show gratitude about this?
- DAY 16: What does faith mean to me & why is it important? What does hope mean to me & why is it important? How are they connected?
- DAY 17: How have I grown w/ faith & hope in the past week or two?
- DAY 18: It's impossible to please the LORD w/o faith (Heb. 11:6). What qualities can I think of that lead to produce more faith? In what areas of my life have I applied these qualities in the past month?
- DAY 19: What 3 positive affirmations/Bible verses can I memorize this week to help me be more optimistic about the future?
- DAY 20: If the last week of the world started tomorrow, how will my positivity/optimism benefit me?
- DAY 21: There is nothing impossible for the LORD (Matt. 19:26). What 3 things do I really desire & believe is in God will if they are righteous?
- DAY 22: Amazing things happen when I choose to focus on the good. What am I intentionally choosing to believe this week?
- DAY 23: Everything happens for a reason & God has purposely created me. Who am I & why was I made to worship Him?
- DAY 24: The Holy Spirit guides my outcomes (Psalm 139:7-10). If I am grateful, God will provide & if I am peaceful, God will fight my battles. What have I accomplished today if I acknowledge His presence right now?
- DAY 25: Having people that care about me & people that I care about is something to be grateful for. Who has been a blessing to me & how can I pray for them?
- DAY 26: If I met all my practical goals for this year, how would I celebrate the next year to come?
- DAY 27: How am I feeling right now? What can I think about to make this feeling even better? Exactly how will this prepare me for the next couple of hours/tomorrow?
- DAY 28: What will you think, say, or do today that is based on your optimism, faith, & hope?
- DAY 29: What has been working for me this past week? What is responsible for this good news?
- DAY 30: The people I meet/iinteract w/ today are people whom the LORD has purposely placed in my life. How will I communicate my faith w/o being persuasive?
- DAY 31: What have I struggled w/ this past month that I can say is not so much a struggle anymore, even if the improvement was small? How significant is my faith about this matter? How will I pray or continue to pray about it?

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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