

Journaling for Wellness

10 Prompts to Reduce Stress & Build Clarity

By Waiting 4 Sunshine

Why Journaling Works

Journaling is a powerful tool for wellness. It helps you release stress, gain clarity, and shift your mindset. By writing your thoughts down, you create space to reflect, reframe, and reset. Just a few minutes a day can reduce overwhelm and bring calm into your daily life.

10 Guided Prompts

1. What ' s weighing on me right now, and why?
2. Three things I ' m grateful for today are...
3. What can I control today, and what can I release?
4. What ' s one small win I had this week?
5. How does my body feel when I ' m stressed, and how can I show it kindness?
6. If I had no stress, what would I feel free to do?
7. What affirmation do I need to hear today?
8. What am I proud of myself for lately?
9. What limiting belief can I let go of?
10. What ' s one thing I can do tomorrow to support myself better?

How to Make It a Habit

- Set aside 5–10 minutes in the morning or evening.
- Pair journaling with a calming ritual, like tea or deep breathing.
- Don ' t worry about grammar or perfection — this is for you.
- Keep your journal somewhere visible to remind yourself.
- Start small: even one sentence a day can make a difference.

Bonus: Affirmations Page

- I am calm, I am capable, I am enough.
- I release what I cannot control.
- I choose peace over stress.
- I am grateful for today ' s small wins.
- I believe in my ability to create change.