

15 Journaling Prompts for Reflection & Healing

Use these prompts as a gentle way to explore your thoughts, emotions, and sources of strength. Write as much or as little as feels right—you can always come back to them.

- Today I felt ____, and one thing that helped me was ____.
- What's one small moment of joy or comfort I noticed today?
- Right now, my biggest worry is ____, and I want to share it with ____.
- What does "support" mean to me today?
- A time I felt strong recently was when ____.
- What's one question I want to ask my care team?
- If my body could talk, it would tell me ____.
- One thing I'm grateful for, no matter how small, is ____.
- How has my perspective on life shifted since my diagnosis?
- What do I want to remember about this season of my life five years from now?
- Who or what gives me strength when I feel overwhelmed?
- Today, I can show myself kindness by ____.
- What's one activity, no matter how small, that helps me feel like myself?
- Write a letter of encouragement to your future self.
- My hope for tomorrow is ____.