



Sanctus.

Journaling Prompts
Volume 1

Journaling has been an important part of Sanctus since the beginning.

Sanctus began life in a journal and to this day it's a practice our Coaches recommend to the people they work with.

Journaling is the act of writing down how you feel about your life, and allowing yourself the freedom to explore any thoughts and emotions that might come to the surface.

It's a private and reflective practice, a way to process complicated thoughts in a clear way, keep a record of remarkable experiences, rehearse difficult conversations, and overall get a good deal of perspective on your life.

But it can be quite difficult getting started.

So to help, here are 50 journaling prompts crowdsourced from Sanctus founders, team members, our journaling community, and team of Sanctus Coaches.



How to use this guide

Get something to write with

Open the notes app on your phone or ideally grab an actual, physical notebook and pen if possible

Make yourself comfortable

You'll get more out of journalling if you're in a calm place where you feel you can concentrate

Use a prompt

There's 50 in here, so just start with one and see where it takes you - try not to overthink it

Don't worry about being 'right'

There's no right (or wrong) way to do journalling, but try to explore real thoughts, feelings, and emotions

And remember...

The goal isn't to write a particular way or produce a certain number of words, pages, or lines, it's about being open and connecting with yourself

Journaling prompts

1. What will give me energy today?
2. What will make today feel great?
3. What is my biggest challenge at the moment?
4. Who am I thinking of today?
5. What am I most proud of right now?
6. How will I make time to rest today?
7. Who am I becoming?
8. What is my heart trying to tell me?
9. What am I putting off?
10. What can I do for my mental health today?

11. Where do I find joy in life?
12. What haven't I been saying?
13. How could today be different?
14. When do I feel at my best?
15. What am I celebrating?
16. What 3 words sum me up right now?
17. What is my body trying to tell me? (eg: sleep, rest, eat, exercise etc)
18. What qualities would I like to show this week?
19. Where do I feel like I belong?
20. What deserves my attention at the moment?

21. What makes me feel excited?
22. What do I most appreciate about myself?
23. What am I dreaming of at the moment?
24. What can I see on the road ahead of me?
25. What do I need in order to feel good?
26. What emotion am I bringing today?
27. What feels truly sacred to me?
28. What are my "must haves"? What can't I live without?
29. What's the most important lesson I've learned recently?
30. How am I ending this week?

31. What can I do to support myself today?
32. When have I felt at my best recently?
33. What's one thing, no matter how small, I can do better than anyone?
34. How can I check in on a friend today?
35. What am I celebrating at the moment?
36. What could I let go of?
37. What do I appreciate most in life right now?
38. What do I see when I look into the future?
39. What got me out of bed this morning (or not, as the case may be)
40. What do I feel in my gut?

41. What do I want to do more of in life?

42. What change is on the horizon?

43. Who am I becoming?

44. How can I be kinder to myself?

45. What can I do to help someone else today?

46. What am I resisting? Or where do I feel resistance in my life?

47. What would I like to be different about my life?

48. How do I feel about my work?

49. Who am I missing right now?

50. Where do I find stillness?

What does journaling do for you?

Gratitude & calm


The power of gratitude in journaling can't be understated. It is proven to boost long term wellbeing, happiness, and prosocial behaviours: the intention to benefit others.

Improved wellbeing

Not only has journaling been shown to reduce symptoms of low mood, depression, and anxiety, it's also been found to boost our working memory.

Connection & empathy

Keeping a journal helps us connect to ourselves and, by extension, we're able to connect in a more meaningful way to the people around us.





Reflection & release

Keeping a journal allows us to reflect on our emotions, release tension or stress, while also allowing us the time and space to fully process issues and experiences that can get easily lost or left unchecked in the busyness of the day to day.

Self awareness

We all have triggers, blindspots and areas of our lives we need to work on or work through. Journaling is one of the most effective tools for enhancing our level of self-awareness and teaching us more about ourselves.

Creativity & positivity

Journalling engages the rational, left hemisphere of the brain, which gives space for the more creative, right hemisphere of the brain to flourish. The freedom to express in this way has been shown to boost our sense of positivity and optimism.

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