**50 Journal Prompts Living in the Moment**

1. To me, being in the present means…

2. Look around you, now write about what you see. Go into as much detail as you can.

3. The reason I find it so hard to let go of the past is because…

4. Write down which activities take up most of your time and why.

5. What have you agreed to recently that you would have preferred to say no to?

6. When I feel a negative emotion, I tend to…

7. What are you most grateful for right now?

8. Write down 5 things you can do when you are struggling to live in the moment.

9. Think about your neighborhood, which parts of it do you love?

10. Have you discovered anything new lately?

11. What makes it hard for you to spend time with those you love?

12. As I take long, deep breaths, I notice it makes me feel…

13. What goals am I currently on track with?

14. What progress have I made lately?

15. Write about somebody in your life who always seems to be fully present when they are with you. How does that make you feel?

16. The parts of my life I find so distracting are…

17. List the 3 things that you do the best.

18. The main thing I procrastinate about is…

19. The highlight of my week so far has been…

20. Take a pen or pencil and just doodle in your journal. No rules, just go with the flow and see what you create.

21. Think about your job. Now write down what you enjoy about it.

22. Write about your passions or interests – what really inspires you?

23. Write about the last time you did something out of your comfort zone and how you felt afterwards.

24. What urge have you managed to resist lately?

25. Is there anything you feel guilty about? Write it down and think about what you learned from the experience.

26. What would be the one thing you would miss the most if you didn’t have it?

27. Write down the online activities that tend to take up most of your time.

28. If you could have a full day to do whatever you wanted, how would you spend it?

29. What rules do you live your life by?

30. Think about a daily task you often do on autopilot. Commit to focusing fully on the task the next time you do it.

31. Write down the emotions you are feeling right now and explore them.

32. Write about something that was beautiful today.

33. What is something that could challenge you today?

34. If I start to feel stressed, anxious or worried today, I will…

35. I would like to impact people around me in the following way…

36. The biggest risk I have ever taken is…

37. In detail, write down what a typical morning looks like for you.

38. When you’re wrong, is it easy for you to admit it?

39. What story am I telling myself right now?

40. I feel like my authentic self most when I am…

41. Write about something you once viewed as a failure but now see as a gift.

42. What are you waiting for in order to be more present?

43. This week, I have recharged my batteries by…

44. What negative thoughts do you wish you could change?

45. What mantra should you say to yourself regularly?

46. Write about an area of your life that could use more compassion.

47. What are your values in life?

48. List 5 places you want to travel to.

49. Which activities do you find it easiest to stay present in?

50. Close your eyes and focus on what you can hear. Now write about it…