

Journal Prompts for Heavy Days

Prompts you can answer with one word, one sentence, a scribble, or silence.

Prompts

- Where did it hurt today?
- What did I need but could not say?
- What can wait until tomorrow?
- Where did I feel one percent less alone?
- What would I tell a friend in my place?
- God, the honest thing is...
- One small mercy I can name is...

Permission

A blank page is allowed. This is not homework.

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.