

14 Morning Journal Prompts for People in Recovery



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14 Morning Journal Prompts for Recovery

These morning journaling prompts can jumpstart your morning journaling routine and help you keep working on recovery..

1 - What does your life today look like when you compare it to a year ago?

2 - Write a short letter to yourself, pretending to be a huge fan...of yourself.

3 - Name three things you are grateful for today; explain why.

4 - Discuss three long-term goals and focus on the steps it will take to get there.

5 - What are your most secret hopes - the ones that you've never told a soul?

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6 - Name one thing you do each day that makes you feel happy.

7 - What will I do the next time I'm feeling exhausted?

8 - Write a short positive affirmation list (5), then recite them throughout the day.

9 - Name 3 things you'd like to try if money were no object, anywhere in the world.

10 - Draft a blog post telling the story of your life. You don't have to publish it.

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11 - Explain one thing you love about your now-healing body and why.

12 - Write yourself a piece of good advice, as if you were writing to a friend.

13 - Imagine an obstacle that might get in your way this week and explain how you'll overcome it.

14 - Explain a behavior or habit to add to your morning routine.



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