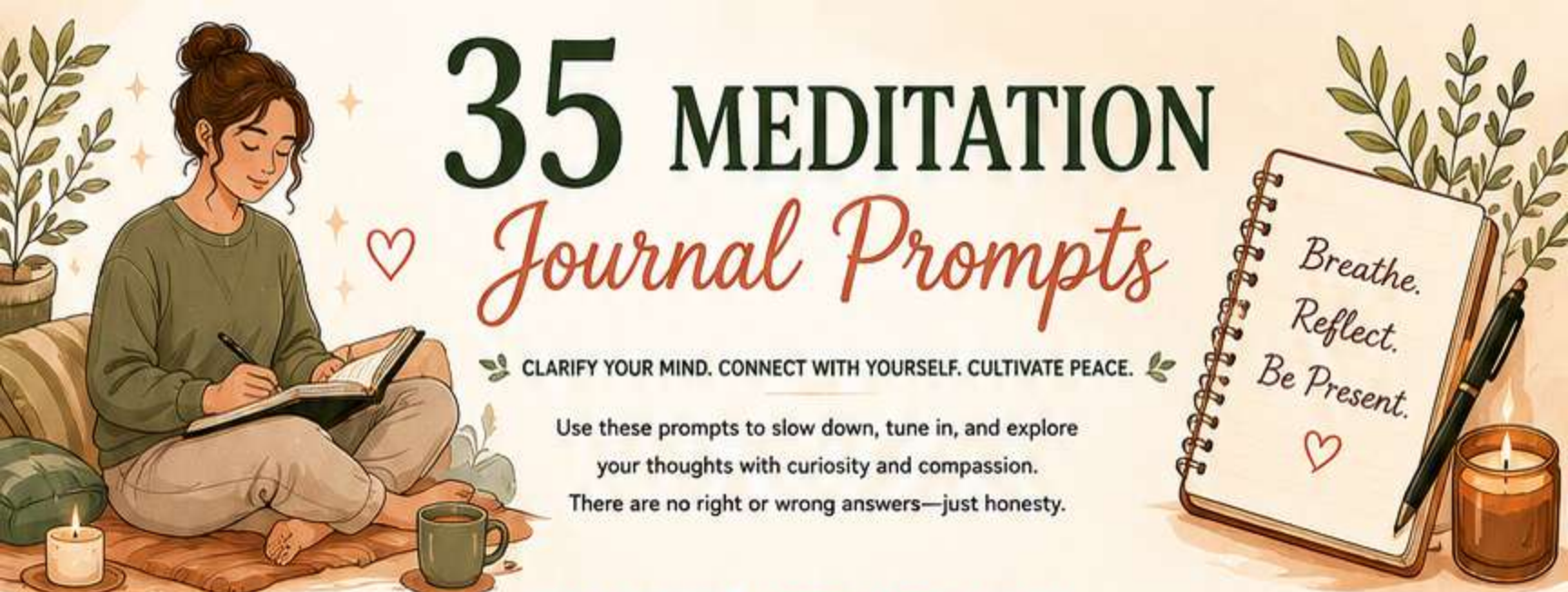




35 MEDITATION Journal Prompts

CLARIFY YOUR MIND. CONNECT WITH YOURSELF. CULTIVATE PEACE.

Use these prompts to slow down, tune in, and explore your thoughts with curiosity and compassion. There are no right or wrong answers—just honesty.

WHY JOURNAL AFTER MEDITATION?



DEEPENS AWARENESS

Helps you understand your thoughts, emotions, and patterns.



REDUCES STRESS

Writing calms your mind and helps release mental clutter.



BUILDS SELF-CONNECTION

Strengthens your relationship with yourself through honest reflection.



ENHANCES MINDFULNESS

Brings more presence and intention into your daily life.



SUPPORTS GROWTH

Encourages clarity, healing, and personal transformation.

35 MEDITATION JOURNAL PROMPTS

1-7 AWARENESS & PRESENCE

- 1 What am I feeling right now?
- 2 What thoughts came up during my meditation?
- 3 Where did I notice tension in my body?
- 4 How did my breath feel today?
- 5 What did I notice around me that I usually overlook?
- 6 What am I grateful for in this moment?
- 7 What does being present mean to me today?



8-14 EMOTIONS & INNER WORLD

- 8 What emotions came up for me during meditation?
- 9 What is something I've been avoiding feeling?
- 10 What do I need to release right now?
- 11 What am I afraid to let go of?
- 12 What brings me peace and why?
- 13 How can I be kinder to myself today?
- 14 What would compassion say to me in this moment?



15-21 MIND & THOUGHTS

- 15 What thoughts keep showing up in my mind?
- 16 Are these thoughts helpful or harmful?
- 17 What belief am I ready to let go of?
- 18 What story am I telling myself?
- 19 What would a more peaceful thought look like?
- 20 How can I quiet my mind more often?
- 21 What does my inner voice sound like today?



22-28 GROWTH & HEALING

- 22 What lesson is this season teaching me?
- 23 What parts of me am I proud of?
- 24 What am I ready to heal?
- 25 How have I grown in the past year?
- 26 What old habits no longer serve me?
- 27 What do I want to nurture within me?
- 28 What step can I take toward my highest good?



29-35 PURPOSE & INTENTION

- 29 What is my intention for today?
- 30 How do I want to show up in my life?
- 31 What truly matters to me?
- 32 What inspires my soul?
- 33 How can I live more authentically?
- 34 What do I want to create in my life?
- 35 What is one small action I can take today toward my dreams?



TIPS FOR MEANINGFUL JOURNALING

- ✓ Create a calm, comfortable space.
- ✓ Write freely—no overthinking.
- ✓ Be honest and non-judgmental.
- ✓ Focus on how you feel, not how it should be.
- ✓ Use "I" statements.
- ✓ Revisit your journal to reflect on your growth.



JOURNAL TOGETHER (DEEPEN YOUR CONNECTION)



What do I appreciate most about you?



What makes you feel most loved?



What is one way we can grow together?



What is one goal we're working toward together?



What are we grateful for in our relationship?

HOW TO USE THESE PROMPTS



1. SET THE TONE

Take a few deep breaths. Center yourself.



2. MEDITATE

Spend 5-20 minutes meditating in a way that feels good.



3. JOURNAL

Choose a prompt that resonates and write freely.



4. REFLECT

Notice any insights, shifts, or patterns that arise.



5. INTEGRATE

Carry your awareness into your day with intention.

When you write from your soul, you listen to your truth.



The Empty Self
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