



30+ EMOTIONAL INTELLIGENCE Journal Prompts for Gen Z



Know yourself.
Grow yourself.

1 EMOTIONAL AWARENESS JOURNAL PROMPTS



- What emotion am I feeling right now, and where do I notice it in my body?
- What happened today that changed my mood noticeably?
- If I couldn't use the words good, bad, fine, stressed, or upset, how would I describe what I'm feeling?
- What emotion have I been avoiding lately, and what makes it uncomfortable to acknowledge?
- What situations tend to bring out the strongest emotional reactions in me?
- What emotion keeps showing up in my journal entries, conversations, or thoughts lately?

2 JOURNALING FOR EMOTIONAL REGULATION



- What happened immediately before I reacted more strongly than I expected?
- What did I want to do in that moment, and what did I actually do?
- What thought made my emotion feel stronger?
- If I could pause for five minutes before responding, what would I want to understand first?
- What is one response to this situation that protects my boundaries without making the situation worse?
- When I'm overwhelmed, what coping habit helps me recover, and which habit usually makes things harder?

3 JOURNALING FOR EMOTIONAL RELEASE



- What am I carrying emotionally that I haven't allowed myself to say out loud?
- If I could write an uncensored letter about this situation that I would never send, what would I say?
- What am I angry, hurt, disappointed, or sad about beneath the emotion I show other people?
- What do I wish someone had understood about my experience?
- What can I accept about this situation even if I don't like what happened?

4 EMPATHY & PERSPECTIVE-TAKING JOURNAL PROMPTS



- What might the other person have been feeling during our interaction?
- What part of their perspective am I most likely to be missing?
- What assumptions have I made about someone's intentions without actually checking them?
- If someone I care about described this exact situation to me, what would I tell them?
- How might my words or actions have affected the other person, even if that wasn't my intention?

5 RELATIONSHIPS, BOUNDARIES & COMMUNICATION JOURNAL PROMPTS



- Where in my relationships do I say "yes" when I actually want to say "no"?
- What conversation am I avoiding because I'm afraid of how the other person might react?
- When I feel criticized, what do I usually hear, and what might the other person actually be saying?
- What boundary do I need to communicate more clearly?
- After my last disagreement with someone, what would I change about the way I communicated?

6 MOTIVATION, VALUES & SELF-TRUST JOURNAL PROMPTS



- What emotion tends to show up when I procrastinate, and what might it be protecting me from?
- Am I pursuing this goal because I genuinely value it or because I want approval from other people?
- What does success mean to me when I remove social media, comparison, and other people's expectations?
- What recent decision made me feel proud of how I handled myself emotionally?
- What is one emotional pattern I want to understand better over the next month?

BONUS: EMOTIONAL INTELLIGENCE JOURNAL PROMPTS FOR WHEN YOU DON'T KNOW WHAT YOU FEEL

- If I had to describe my mood as a weather pattern, what would it be, and why?
 - What has been taking up the most space in my mind today?
 - What happened today that I keep replaying?
- Do I want comfort, space, reassurance, clarity, control, connection, or something else right now?
 - What does my body seem to be telling me that I haven't put into words yet?
 - If this feeling could speak without judgment, what would it want me to know?

Your feelings are valid. Your reflections are powerful.
Keep showing up for yourself.