

28 DAYS OF JOURNAL PROMPTS

"A word, after a word,
after a word, is power."

author Margaret Atwood

SUN	MON	TUES	WED	THURS	FRI	SAT
1 What is a personal quality of yours that has helped you throughout the years?	2 What are the things in your life that you can control? List them out, and refer back to them during times of uncertainty.	3 Think of a place you spend much time and try to view it with fresh eyes. What is beautiful there? What would you like to change? Consider what to appreciate and what to improve.	4 What is a positive change you have seen in yourself, or your life, in the last year?	5 Take notice of your senses right now. Write a list of everything you see, hear, smell, feel, and taste? Or, choose one sense and describe what it makes you think about.	6 In what way do you bring joy to other people's lives?	7 Describe what a good day looks like for you. This can be a description of an actual day you have experienced, or it can be your "dream" day.
8 Describe what a bad day looks like for you. Again, this can be a description of an actual day you have experienced, or it can be the day you are most afraid of.	9 Choose part of your own body and write a letter to it. What would you say to this part of your body if you could? What might it say back?	10 Who is on your team? Identify three people who show up for you in different ways and reflect on their impact in your life.	11 Who else do you want on your team? Identify anyone in your life you wish you had a closer relationship with, or who understood your experiences more clearly.	12 What dreams, literal or metaphorical, have you had lately? Describe them.	13 What have you learned about yourself through your lung transplant journey, or the journey of someone you love? What do you feel you still need to learn?	14 List 15 things that you love about yourself.
15 Think about your boundaries. Are you respecting them? Write a list of everything you want to say "yes" to and everything you want to say "no" to.	16 What do you wish other people knew about you?	17 Describe a moment in your life when you felt truly alive or present.	18 What makes you feel powerful?	19 When have you felt misunderstood or invalidated? How can you communicate your feelings and needs in a way that helps others understand you better?	20 What is something you wanted to say to a doctor, nurse, but did not? Why is that and what would you do differently now if you could?	21 Write down 3 things you accomplished this week, no matter how small they may seem. Why are these accomplishments? What barriers did you overcome to achieve them?
22 Are you affected by feelings of guilt or shame? If so, how has carrying these emotions shaped your choices, relationships, and experiences?	23 What smell, sound, or song, stirs up deep emotions for you? Do your best to mentally transport yourself back to that experience and reflect on how you feel.	24 Who would it be helpful to forgive right now?	25 What is something you've always wanted to do, but are hesitant to try due to limits in your life? Write about how to make that dream more accessible.	26 Make a list of the things that make you happy and fulfilled. Then, commit to doing one of these things once a day, week, or whatever feels reasonable for you.	27 What are the top 3 emotions you have felt this week? Try to identify a moment you felt each of these emotions, what happened, and how you responded to it.	28 Reflect on where you are with being kind to yourself. Then, write a list of ways you can include more self-kindness in your life. What does it look like to show yourself greater empathy?

Research has found that expressive writing and journaling can offer improvements in mental health, mindfulness, and quality of life. It is our goal at the Lung Transplant Foundation to offer holistic support to individuals whose lives have been impacted by lung disease and lung transplant. We hope that this calendar of journal prompts may help you to begin, or inspire you to continue, sharing your story, one word at a time! To learn more about the positive impact of writing and journaling, please visit www.lungtransplantfoundation.org



For questions or comments please email Lung Transplant Foundation's Educational and Program Coordinator Lena Ziegler at lena@lungtransplantfoundation.org