

JOURNAL PROMPTS FOR SENIORS

Journaling can be a really helpful tool for coping with stress and anxiety, tracking events and your feelings about them, expressing yourself, and it helps keep your memory sharp! The great thing about journaling is that there is no one way to do it.

You can journal with a pen and paper, tablet, computer, or even on a smart phone – once a day or even three times a day. You can write about your day, fond memories, or what you hope for in the future – the topic and length is all up to you. If you are not sure how to begin, see below for some journal prompts to get you started.

Happy journaling!



DAILY ROUTINE

- What was the best part of your day today?
- What are you looking forward to this week?
- What would be the perfect way to spend your day today?
- List 3-5 things you are grateful for today.
- List 3-5 things you do regularly to take care of yourself.

MEMORIES

- If you could relive a day in your life, what day would it be?
- What is the kindest thing anyone has done for you?
- Describe a time in your life when you felt a significant loss. A loss could be anything including a person, a job, or an object.
- Who has played an influential role in your life?
- Write about pets that you have/had.
- How would you spend your days as a child?
- Describe a time when someone surprised you.
- Describe a time when you've had the most fun.



WISDOM/INSIGHT

- What is a piece of advice you would give your 15-year-old self?
- What was the best thing you have done for yourself?
- Describe a challenging time in your life where you learned a valuable lesson.
- What is a piece of advice that has always stuck with you?
- Describe some things that you appreciate about yourself.
- What is your greatest accomplishment?
- Write a letter to someone you would like to thank.
- Write a letter to someone you need to forgive – you do not need to send these letters.



JUST FOR FUN

- What is your favourite belonging?
- If you could be a character in a book/movie, what book/movie would it be, and why?
- If you could travel anywhere in the world right now, where would you go?
- What is an odd food combination that you love?
- If you could spend a day with any person in history, who would it be and why?
- What is on your bucket list?
- What are things that you have always wanted to do, but haven't yet, and why?
- What is your most prized possession?
- If you could learn any skill in an hour, what would you want to learn?

