

Sunrise Stories

10 Prompts for Morning Journaling

Journaling can be a reflective, releasing and uplifting experience that fosters self-discovery and affirmation. It is a grounding and nurturing way to start the day. The magic is when you revisit your writing....therein lies a story.



10 Prompts for Morning Journaling

1. I am grateful.....
2. It may seem small, but my, oh my, what a huge blessing.....
3. These five buttons represent how well my life is adorned. What do the buttons look like? And, into what fabric of life are they sewn?
4. I hear melodies in....
5. I remember when water.....
6. If I heard it once, I heard it a thousand times....
7. I start this day in the color of.....
8. Simply put.....
9. Whether it rains or shines today...this I know for sure.....
10. My morning sunrise bursts from within and today.....

Resources

Grey, I am Enough Journal
Elizabeth Affirmation for Girls

Blog [The Heart and Craft of Life Writing](#)

Appleseed [100 Benefits of Journaling](#)

Starfire, [Use your Journal for Storytelling Practice](#)
Amber Lee

Adams, Journal To Self
Kathleen

Anchor Standards CCS ELA

CCRA.W 1, 2, 3, 5, 6, 10
CCRA.L 1, 2, 3, 5, 6



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