plume

THE JOURNAL COMPANION
VOLUME 01

A COLLECTION FOR THE INNER LIFE

300 JOURNALING PROMPTS



A little closer to *yourself.*

Fifteen themes to help you notice, remember, and make sense of your days.

One question. One honest sentence.

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A NOTE BEFORE YOU BEGIN

You don’t need the *right words.*

Just somewhere to start.

A journal doesn’t ask you to be interesting. It gives you room to notice what’s already there: the conversation that stayed with you, the small relief, the thought you haven’t said aloud.

These 300 questions are invitations. You can move through them in order, follow a theme, or open a page at random. There is no catching up to do.

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01 **Choose one question.**
The one that catches your attention is enough.

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02 **Give it five quiet minutes.**
Use a notebook, Plume, or wherever you like to write.

---

03 **Leave it imperfect.**
A sentence counts. You can always come back.

Skip any question that doesn’t feel right today. You get to decide what belongs on the page.

What's on *your mind?*

	THEME / TWENTY PROMPTS EACH	PAGE
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Start where *you are.*

Six ways into the collection.

Notice the good ↗

Something small is enough.

GRATITUDE / 001

Hear yourself think ↗

Make a little room for you.

SELF-KNOWLEDGE / 024

Feel close to someone ↗

Begin with a person you miss.

RELATIONSHIPS / 048

Find a little lightness ↗

Follow what feels playful.

JOY & PLAY / 219

Come back to the present ↗

Look up. Look around.

SEASONS & NATURE / 264

Make space for what's next ↗

Let a small thing go.

ENDINGS & LETTING GO / 298

If the page stays blank, begin with:

"What I keep thinking about is…"



01

THEME 01 · PROMPTS 001–20

Gratitude

What you already have, seen clearly.

001 What did you almost not notice today that deserved your attention?

002 Name one ordinary object you use every day. What would life be like without it?

003 Who helped you this week without being asked?

004 What is something your past self worked hard for that you now take for granted?

005 Describe a meal you've eaten recently that you'd happily eat again.

Notice what comes to mind.

006 What ability of your body did you use today without thinking about it?

007 What is free in your life that would be worth a fortune if it were sold?

008 Recall a kindness a stranger once showed you. Why has it stayed with you?

009 What piece of bad news never arrived today?

010 Which of your daily comforts would have amazed your grandparents?

Take your time here.

011 Who taught you something you still use, and never got thanked for it?

012 What sound in your home do you find quietly reassuring?

013 What did the weather give you today?

014 Name a difficulty from years ago that you're now glad you went through.

015 What tool or skill made your work easier today?

Let the answer surprise you.

016 Who in your life can you be completely unguarded with?

017 What part of your routine would you miss most if it disappeared tomorrow?

018 Describe something beautiful you own that cost almost nothing.

019 What has stayed steady in your life this year while other things changed?

020 If you could only keep three small pleasures from this week, which would you keep?

You can return to this.



02

THEME 02 · PROMPTS 021–40

Self-Knowledge

The person you are when nobody is asking.

021 What do you do when nobody is watching that says the most about you?

022 Which compliment do you have trouble accepting? What makes it hard to hear?

023 What are you better at than you let yourself admit?

024 When do you feel most like yourself?

025 What opinion do you hold that almost nobody around you shares?

Notice what comes to mind.

026 What are you tired of pretending to enjoy?

027 Which of your habits would surprise people who think they know you?

028 What do you need more of that you keep refusing to ask for?

029 What role do you play in groups without meaning to?

030 What did you believe about yourself at fifteen that turned out to be wrong?

Take your time here.

031 What is your first instinct when things go wrong — and does it serve you?

032 Which emotion do you find hardest to sit with?

033 What would you attempt if you knew nobody would ever find out how it went?

034 What do you envy? Look closely — what is it really pointing to?

035 When did you last change your mind about something important?

Let the answer surprise you.

036 What do you keep in your life purely because it's familiar?

037 What are your hands drawn to when your mind is free?

038 Which version of you shows up when you're truly tired?

039 What rule do you follow that you never actually agreed to?

040 Write the sentence you'd want someone to say about you at ninety.

You can return to this.



03

THEME 03 · PROMPTS 041–60

Relationships

The people who shape your days.

041 Who makes you feel like the best version of yourself? What do they do differently?

042 Which conversation from this month is still with you?

043 Who do you miss without quite admitting it?

044 What do you wish you could say to someone but haven't found the moment for?

045 Who knew you at a time nobody else did?

Notice what comes to mind.

046 What friendship changed you the most, and how?

047 When did someone truly listen to you? What did it feel like?

048 Who do you keep meaning to call?

049 What do your closest people have in common?

050 Describe someone you disagree with but deeply respect.

Take your time here.

051 What small gesture from another person recently landed bigger than they knew?

052 Who taught you what loyalty means?

053 What kind of friend are you at your best? And at your worst?

054 Which relationship in your life deserves more of your effort than it gets?

055 When did you last apologize well? When did you last receive a real apology?

Let the answer surprise you.

056 Who in your life feels like home?

057 What boundary do you need to draw more clearly, and with whom?

058 What do people thank you for most often?

059 Who would you want beside you on a genuinely bad day?

060 Write about a moment when you felt completely understood.

You can return to this.



04

THEME 04 · PROMPTS 061–80

Family & Roots

Where you come from, and what you carry.

061 What phrase did you grow up hearing that still echoes in your head?

062 Which family habit did you keep? Which one did you deliberately drop?

063 What did your childhood home smell like?

064 What question would you ask a grandparent if you had one more afternoon together?

065 What did your parents get right that you only understood later?

Notice what comes to mind.

066 Which family story gets told at every gathering? Why that one?

067 What tradition would you want to pass on, even in a smaller form?

068 What part of your upbringing are you still untangling?

069 Who in your family are you most like — and how do you feel about that?

070 What object from your childhood do you wish you still had?

Take your time here.

071 What did money mean in the house you grew up in?

072 Describe a meal that tastes like your family.

073 What were you praised for as a child? Is it still what you're praised for?

074 What silence existed in your family? What was never talked about?

075 Which relative do you understand better now than you did growing up?

Let the answer surprise you.

076 What did you swear you'd never do like your parents — and do you do it?

077 What place from your childhood would you like to stand in one more time?

078 What is the oldest thing you know about your family's history?

079 What would eight-year-old you think of the home you've made?

080 Write a thank-you note you'll never send to someone from your past.

You can return to this.



05

THEME 05 · PROMPTS 081–100

Work & Purpose

What you build with your hours.

081 What part of your work would you do even if nobody paid you?

082 When did you last lose track of time doing something? What were you doing?

083 What does a good day of work actually look like for you — hour by hour?

084 What problem do you find yourself solving again and again, in every job you've had?

085 What did you want to be at ten years old? What of that survives in what you do now?

Notice what comes to mind.

086 What are you building right now that will still matter in five years?

087 What compliment about your work meant the most to you?

088 What would you stop doing tomorrow if you could delegate one thing forever?

089 Who do you admire professionally, and what exactly do you admire?

090 What does "enough" look like for you — money, recognition, scope?

Take your time here.

091 What have you learned this year that made you better at what you do?

092 When do you procrastinate most? What is the avoidance protecting you from?

093 If your work disappeared tomorrow, what would you miss? What would you feel relieved about?

094 What is the most useful mistake you've made professionally?

095 What skill are you circling but haven't committed to learning?

Let the answer surprise you.

096 Describe your ideal working morning, down to the first hour.

097 What do you do at work purely for appearances?

098 Whose approval are you still working for?

099 What would you make if you had a free month and no obligations?

100 Write the job description for the role you actually want your life to be.

You can return to this.



06

THEME 06 · PROMPTS 101–120

Creativity

The things only you would make.

101 What did you love making as a child, before anyone judged it?

102 What idea keeps returning to you, year after year?

103 When were you last proud of something you made? Describe it.

104 What would you create if quality didn't matter, only the making?

105 Whose creative work makes you jealous in a way that feels like a clue?

Notice what comes to mind.

106 What do you notice that other people seem to miss?

107 What is the smallest creative act you could do today?

108 What half-finished project deserves either an ending or a burial?

109 Where do your best ideas tend to arrive — and are you there often enough?

110 What would you write if you knew nobody would ever read it?

Take your time here.

111 What constraint has ever made you more creative, not less?

112 What art, book, or song do you return to again and again? What does it give you?

113 What did you make this year with your hands?

114 If you kept a notebook of only one kind of observation, what would you collect?

115 What's a beautiful thing you saw recently that you never told anyone about?

Let the answer surprise you.

116 What creative risk feels one size too big right now?

117 What would your taste say about you if someone could only see what you've saved?

118 When does your inner critic speak loudest? What does it usually say?

119 What tradition, craft, or skill do you want to learn before it's too late to start?

120 Describe the studio, desk, or corner where your ideal creative life happens.

You can return to this.



07

THEME 07 · PROMPTS 121–140

Memory & Nostalgia

Days worth keeping.

121 What is your earliest clear memory? Why do you think it stayed?

122 What song takes you instantly somewhere else? Where?

123 Describe a perfectly ordinary day from ten years ago, as best you can.

124 What smell brings back a person?

125 Which summer stands out from all the others?

Notice what comes to mind.

126 What did you do after school when you were young?

127 Describe a room you'll never stand in again.

128 What moment would you rewatch, not to change it, just to see it once more?

129 Who was your first real friend? What did the two of you do together?

130 What did celebrations look like in your twenties?

Take your time here.

131 What is a small tradition you'd forgotten until just now?

132 What was the best trip of your life — not the fanciest, the best?

133 What did you wear when you felt most yourself, at any age?

134 Describe a teacher you still think about.

135 What used to scare you that now seems almost sweet?

Let the answer surprise you.

136 What is the funniest thing that ever happened to you that no one would believe?

137 What ordinary object holds a whole chapter of your life?

138 What did the town or street you grew up on sound like at night?

139 Which photo would you save first? Describe it without looking at it.

140 Write about a day you didn't know was the last of its kind.

You can return to this.



08

THEME 08 · PROMPTS 141–160

Dreams & Ambitions

The life you're quietly aiming at.

141 What do you want that you've never said out loud?

142 Describe an ordinary Tuesday in your life five years from now — the good version.

143 What would you do with a completely free year and enough money to live?

144 What dream did you shelve that deserves a second look?

145 What are you preparing for, even if you haven't named it yet?

Notice what comes to mind.

146 If you could master one thing in the next decade, what would you choose?

147 What does your ambition cost you? Is the price right?

148 Whose life, seen from outside, looks like something you'd want? What part exactly?

149 What would you start this month if you trusted yourself completely?

150 What is the smallest version of your biggest dream?

Take your time here.

151 What do you want your home to be like in ten years — not the building, the feeling?

152 What would you regret never trying?

153 What goal have you outgrown but not yet released?

154 Where in the world do you feel pulled to spend real time?

155 What do you hope is true about your life at seventy?

Let the answer surprise you.

156 What are you saving for — money, energy, courage — and when is spending it justified?

157 If the next year went unexpectedly well, what would have happened?

158 What promise do you want to make to yourself and actually keep?

159 What would you attempt if your first three failures were guaranteed to be forgiven?

160 Write a letter from your future self, ten years out, telling you what mattered.

You can return to this.



09

THEME 09 · PROMPTS 161–180

Change & Transitions

Crossing from one season to the next.

161 What chapter of your life is quietly ending right now?

162 What have you recently outgrown — a habit, a place, an idea of yourself?

163 What transition did you handle better than you expected?

164 What are you in the middle of that you won't understand until it's over?

165 When did your life last change direction? Who were you before?

Notice what comes to mind.

166 What do you know now that you wish you'd known at the start of this year?

167 What is harder than you thought it would be? What's easier?

168 What part of your old life do you carry with you everywhere?

169 What would make this season of life feel complete?

170 What are you waiting for permission to change?

Take your time here.

171 Describe the doorway moment — a time you stood between two versions of your life.

172 What loss turned out to contain a beginning?

173 What are you slowly becoming? Name it, even roughly.

174 Which routine no longer fits the person you are now?

175 What decision are you circling? Write the case for both sides, then read them aloud.

Let the answer surprise you.

176 What has this year asked of you that no other year did?

177 What would you tell someone standing exactly where you stood two years ago?

178 What is one thing you'd like to be different by this date next year?

179 What change happened so gradually you only see it looking back?

180 Write about the last time you surprised yourself.

You can return to this.



THEME 10 · PROMPTS 181–200

Hard Days

For when the page is the only place that listens.

181 What is taking up the most space in your mind right now? Give it a full page.

182 What are you carrying today that isn't yours to carry?

183 What would you say if you knew the page would never judge you?

184 What is the tired underneath the tired? What actually needs rest?

185 Name the feeling precisely. Not "bad" — the exact one.

Notice what comes to mind.

186 What is the story you're telling yourself about this situation? Is it the only version?

187 What would you tell a friend who came to you with exactly your problem?

188 What is still standing, even today?

189 What do you need in the next hour — not this year, this hour?

190 What went wrong that you've been blaming yourself for? Read the facts like a stranger would.

Take your time here.

191 What are you afraid this means? What else could it mean?

192 When did you feel this way before, and what eventually shifted?

193 What can you not control here? Write it down and draw a line under it.

194 Who could you tell? What stops you?

195 What tiny thing brought a moment of relief this week? Where can you find more of it?

Let the answer surprise you.

196 What would "gentle with yourself" actually look like today, in practice?

197 What is this pain protecting or pointing to?

198 If this hard season were a chapter, what would its title be? What might the next chapter be called?

199 What do you want to remember about how you got through today?

200 Write to yourself the way someone who loves you would.

You can return to this.



11

THEME 11 · PROMPTS 201–220

Joy & Play

Lightness, on purpose.

201 What made you laugh recently — really laugh?

202 What did you love doing at nine years old that you could still do this weekend?

203 What is your idea of a perfect slow morning?

204 What tiny luxury is absolutely worth it to you?

205 When did you last do something for no reason at all?

Notice what comes to mind.

206 What game, sport, or hobby have you abandoned that misses you?

207 Describe the best party or gathering you ever attended. What made it work?

208 What silly thing are you strangely good at?

209 What would a day designed purely for delight look like?

210 What do you find funny that nobody else seems to?

Take your time here.

211 What treat do you always order, and what does the ritual mean to you?

212 When do you feel most playful? Who brings it out of you?

213 What is the most fun you've had for free?

214 What would you do this month if fun counted as productivity?

215 What song can you not stay still to?

Let the answer surprise you.

216 Describe a moment of pure lightness from the past year.

217 What have you been taking a bit too seriously?

218 What small adventure could you plan within an hour of home?

219 What did you enjoy this week that you almost skipped?

220 Write about the last time you were fully, uselessly happy.

You can return to this.



12

THEME 12 · PROMPTS 221–240

Body & Health

Living in the only place you'll ever live.

221 What is your body asking for these days that you keep postponing?

222 When did you last feel strong? What were you doing?

223 What does real rest feel like for you — and when did you last have it?

224 What movement makes you feel like yourself?

225 How do you know when you're running on empty? What are your early signs?

Notice what comes to mind.

226 What has your body carried you through that deserves acknowledgment?

227 What food actually makes you feel good, hours later?

228 What is your relationship with sleep right now, honestly?

229 What did you once do physically that you'd like to be able to do again?

230 Where does stress live in your body? When did you last check?

Take your time here.

231 What health habit have you kept the longest? What keeps it alive?

232 What does your ideal evening wind-down look like?

233 When do you feel most at ease in your own skin?

234 What would change if you treated energy as your most limited resource?

235 What is one kind thing you could do for your body today, without a plan or a program?

Let the answer surprise you.

236 How has your relationship with your body changed in the past decade?

237 What do you notice on a walk that you never notice through a window?

238 What are you pushing through right now that deserves attention instead?

239 What did being sick, injured, or exhausted once teach you?

240 Write a short truce with the part of your body you criticize most.

You can return to this.



13

THEME 13 · PROMPTS 241–260

Home & Belonging

The places that hold you.

241 Describe your favourite corner of your home and why you end up there.

242 What makes a place feel safe to you?

243 Where do you feel you belong without effort?

244 What does your home say about you that you've never said out loud?

245 What did it take for your current place to start feeling like yours?

Notice what comes to mind.

246 What would you change about your home if you moved through it as a guest?

247 Which object in your home has traveled with you the longest?

248 What ritual turns your house back into a home after a hard day?

249 Where in your town or city do you feel most yourself?

250 What does "home" smell like, sound like, taste like?

Take your time here.

251 Who is welcome at your table, always?

252 What place that isn't yours still feels like it belongs to you?

253 What would you grab in ten minutes? What does the list tell you?

254 What does hospitality mean to you? Who taught you?

255 Describe the view from a window you've loved.

Let the answer surprise you.

256 What part of your home is waiting for attention, and what is it waiting for?

257 Where did you feel at home before you had a home of your own?

258 What community, however small, counts you as one of theirs?

259 If your home could keep one memory of you, which one would you want it to keep?

260 Write about the first night in a place that later became home.

You can return to this.



14

THEME 14 · PROMPTS 261–280

Seasons & Nature

The world outside your window.

261 What season are you in — outside, and inside?

262 What did you notice on your way somewhere today that wasn't a screen?

263 What does this month smell like where you live?

264 Describe the last sky that made you stop.

265 What tree, park, or patch of green do you consider quietly yours?

Notice what comes to mind.

266 What does rain change about your day — and your mood?

267 Which season matches your temperament? Make the case.

268 What natural place restores you fastest?

269 What is blooming, falling, or changing near you right now?

270 When did you last have cold air in your lungs and nowhere to be?

Take your time here.

271 What animal did you watch recently, even for a moment?

272 What does the light do in your home at your favourite hour?

273 Describe a walk you know by heart.

274 What would you notice about your life if you sat outside for one hour, alone, without a phone?

275 What ritual could welcome the next season in?

Let the answer surprise you.

276 What food belongs to this time of year for you?

277 Where were you the last time you saw a truly dark, starred sky?

278 What weather makes you feel most alive?

279 What has nature taught you about timing?

280 Write about a landscape you carry inside you.

You can return to this.



15

THEME 15 · PROMPTS 281–300

Endings & Letting Go

Making space for what's next.

281 What are you holding that is finished?

282 What would you like to forgive — not for them, for the space it would free?

283 What goodbye did you never properly say?

284 What belief served you once and now weighs you down?

285 What are you overdue to delete, donate, or hand back?

Notice what comes to mind.

286 What ending turned out to be right, even though it hurt?

287 What grudge is renting space it doesn't pay for?

288 What expectation of yourself could you retire this year?

289 What do you keep rereading — a message, a memory — that keeps a wound open?

290 What would you put down if you trusted it would be okay without you?

Take your time here.

291 What version of your future did you have to release? Honour it in a paragraph.

292 What apology are you still waiting for that may never come? What then?

293 What did you learn from the thing that didn't work out?

294 What season of friendship has quietly closed? Can you thank it anyway?

295 What is your relationship with endings — do you linger, or leave early?

Let the answer surprise you.

296 What would "done" feel like for the thing you keep perfecting?

297 What could you stop measuring?

298 If you cleared one shelf, one drawer, one hour — what would you want the space for?

299 What do you want to leave in this year when it ends?

300 Write a short farewell to something that mattered. End it with thanks.

You can return to this.

plume

MAKE ROOM FOR YOUR DAYS

A PLACE TO KEEP GOING

Your thoughts. *A home of their own.*



Keep the little things. Work through the big ones. Plume is a private journal for your Apple devices, made for the way your days actually feel.

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