

Write Your Way To Better Well-Being



Whether you're a novice or pro, you'll find some thought-provoking topics below to help you improve your writing skills and reflect on yourself. Self-reflection is a critical component of personal and professional growth. It can help you better understand yourself and build stronger connections with others too.

Once you've tried out some of these writing prompts, share what you've learned about yourself (or others) with the **Global Well-Being Community**.

- What are your top 3 well-being goals for this year and why?
- Describe your best personality traits.
- What are some things that make you happy?
- Describe a fond memory from your childhood.
- What is a place you've always wanted to visit and why?
- What does happiness mean to you?
- Describe your best friend.
- Write a letter to your past self. What would you tell yourself 3, 5 and 10 years ago?
- Write a letter to your future self.
- What is an important lesson you learned as a child?
- What are 5 things you are most grateful for?
- When you were a child, what did you want to be when you grew up and why?
- What is the best financial advice you've received?
- If your manager gave you a day off unexpectedly, what would you do?
- If you were given 3 wishes, what would you wish for and why?
- If you were a country leader for a day what would you do?
- What does your ideal day look like?
- Describe your perfect morning routine.
- Describe your perfect night routine.
- What is your favorite season and why?
- What is your favorite movie of all time and why?
- Describe your favorite book.
- What show or series could you watch every day for the rest of your life and why?
- What is your favorite song and why?
- When you're having a bad day, how do you turn it around?
- What are 10 things you're good at?
- What is one new skill you'd like to learn?
- What did you learn about yourself during the coronavirus pandemic?
- What was one high and one low for this week?
- What is one way you'd like to grow in the next year?
- Describe your self-care routine.
- If you could solve one world problem, what would it be and why?
- Write 10 positive things about yourself.
- What are your top 3 priorities right now?
- If you had 100,000 dollars to donate, who or what organization would you donate it to and why?
- What unhealthy habits would you like to break?
- What are the 3 things that motivate you most in life?
- What is your purpose in life?
- What is one way you can help a friend or loved one this week?
- Complete this sentence. I am a good friend/colleague because...
- If you could have one superpower, what would it be and why?
- Describe someone who has been a mentor for you and how they've impacted your career/life.
- What do you want your legacy to be?
- Look up your horoscope for today and describe your reaction to it.
- What 3 things bring you the most comfort in life?
- When you need to hit the reset button, what do you do?
- Would you rather go to the beach or to the mountains? Why?
- Describe some of your favorite hobbies.
- Describe one thing you are doing to preserve our planet.
- Describe one thing you will do in the next year to preserve the planet.
- Write down every thought in your mind. Get all your thoughts out on paper.
- What is the most recent act of kindness you've given or received?
- List 3 ways you will be more kind to yourself.