In an effort to journal more, I collected over 100 journaling prompts in my notes app. Picking one at random helps me not overthink it.

I use an apple shortcut to pull one at random and create a new note with the date and time as the title.

Here's the list of prompts
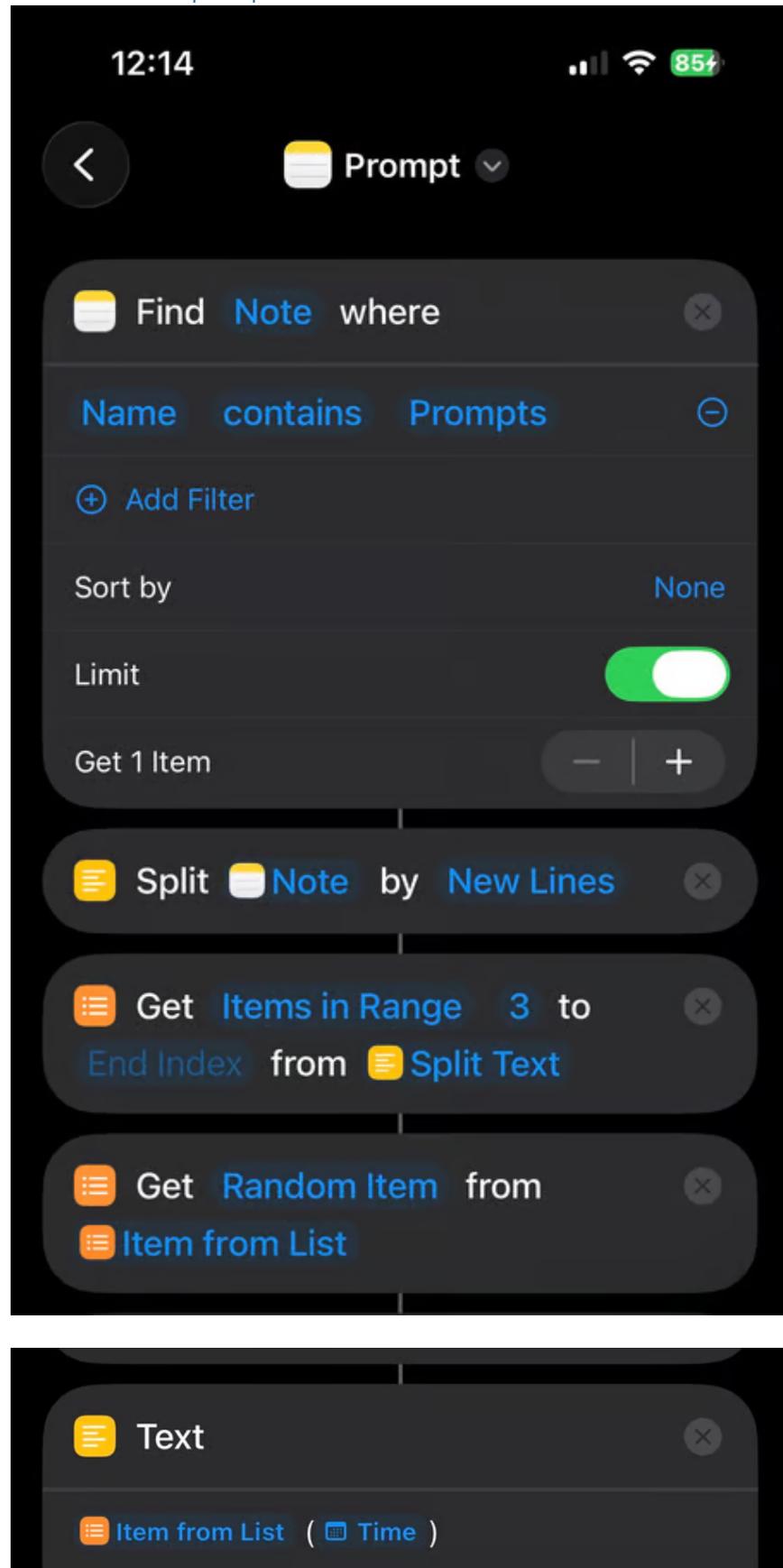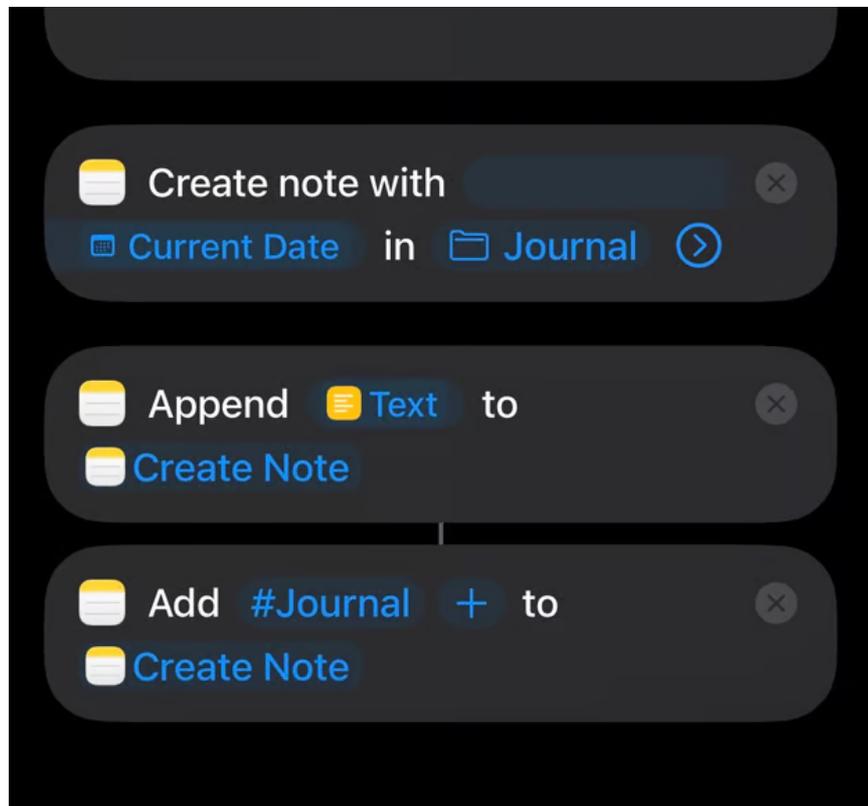
[Journal prompt shortcut](#)

I really like this workflow because I can run it and just do a brain dump on the topic without worrying about *what* to write and just write.

- Rae