

# 05

## /

# may

# journaling

# prompts

- 01 Describe a moment from today that you want to remember always.
- 02 What are some things that you've been given recently?
- 03 What is your idea of the perfect morning?
- 04 What is your idea of the perfect afternoon?
- 05 What songs or music do you listen to in the car?
- 06 When was the last time you felt embarrassed? What happened?
- 07 Describe your ideal house.
- 08 What are your favourite books to read over and over again?
- 09 What subjects did you study at school?
- 10 What's the most beautiful gift you've ever received?
- 11 Would you like to work for yourself? Why or why not?
- 12 If you could live in another country for a year, where would you go and why?
- 13 Write a love note for somebody you love.
- 14 What happened at 3pm today?
- 15 What are the things you love the most about your ethnic background?
- 16 What other cultures do you find intriguing?
- 17 What are the things you enjoy the most about your work right now?
- 18 What sort of jobs have you worked in the past?
- 19 How would you like to be remembered?
- 20 Do you find it easy to talk to strangers?
- 21 What sort of parties do you like to go to?
- 22 Are you an introvert or an extrovert?
- 23 Back in your school days, what did you and friends do during lunchtime?
- 24 Name your ten favourite blogs.
- 25 What was your mother's childhood like?
- 26 What social issues do you feel passionate about?
- 27 Where do you retreat to for solitude and quiet?
- 28 What are three things from this past month that have energised and motivated you?
- 29 What are three things from this past month that have comforted you?
- 30 How are you feeling today?
- 31 What is your favourite thing about Mondays right now?

MORE JOURNALING PROMPTS AVAILABLE AT OUR WEBSITE