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june

journaling

prompts

- 01 Describe a moment from today that you want to remember always.
- 02 What sort of outdoor activities do you enjoy?
- 03 Write down some of your favourite memories with a grandparent.
- 04 What are your hopes for your children?
- 05 What are your biggest fears for your children?
- 06 Find out five things about a distant relative of yours.
- 07 Describe your family's morning routine right now.
- 08 Describe your family's afternoon routine right now.
- 09 Describe your family's evening routine right now.
- 10 Write down five funny things that your child(ren) or your partner has said recently.
- 11 How are you going with your goals for this year?
- 12 What are your favourite items of clothing to wear when it's really cold?
- 13 What are your favourite soups to drink in winter?
- 14 Write down the recipe (no matter how simple) for your go-to comfort food.
- 15 How do you feel about speaking in public?
- 16 When was the last time you did something risky? Write about it.
- 17 What normally happens on a Tuesday?
- 18 What were the best and hardest parts about growing up?
- 19 What was your father's childhood like?
- 20 What do you usually snack on throughout the day?
- 21 Describe your dream garden.
- 22 What does it mean to be brave?
- 23 If you could have an entire day at home alone, how would you spend it?
- 24 Is there an aunty or uncle you have a particularly close relationship with?
- 25 What are the five things you love the most about your partner or spouse?
- 26 Is there anything that scares you about growing old?
- 27 What are three things from this past month that have made you cry?
- 28 What are three things from this past month that have made you laugh?
- 29 How are you feeling today?
- 30 What is your favourite thing about winter/summer right now?

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