

07 / july journaling prompts

- 01 Describe a moment from today that you want to remember always.
- 02 What do you love the most about little children?
- 03 When was the last time you chatted with a neighbour? What did you talk about?
- 04 If you could grow anything you wanted, what would you grow?
- 05 When it's really cold, how do you like to warm up?
- 06 What happens on a Wednesday?
- 07 What do you usually have for breakfast?
- 08 What can you see outside your bedroom window?
- 09 Write about three things that you are thankful for right now.
- 10 What does unconditional love look like?
- 11 What do you think is the hardest thing about being a parent?
- 12 When was the last time you cried, and why?
- 13 Do you find it easy or hard to make new friends?
- 14 Who are the people you always go to when you need someone to talk to?
- 15 What are some of your family's favourite dishes?
- 16 What would you say to someone who was grieving?
- 17 Describe your ideal holiday.
- 18 How do you feel about traveling alone?
- 19 What are you feeling stressed or worried about right now?
- 20 What is the first thing that you usually do when you wake up?
- 21 If you could only keep twenty-five things, what would they be?
- 22 When you are gone, what do you want your child(ren) to remember about you?
- 23 What do you like to have with pasta?
- 24 Whereabouts in the world do you want to grow old?
- 25 Write a letter to your parents, and tell them the things you've always wanted to say.
- 26 Write down your love story.
- 27 What are three things from this past month that have made you think twice?
- 28 What are three things from this past month that have enriched your life?
- 29 How are you feeling today?
- 30 What is your favourite thing about Thursday evenings right now?
- 31 What are you most looking forward to next month?

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