

08

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august

journaling

prompts

- 01 Describe a moment from today that you want to remember always.
- 02 What are five things that you do every day without fail?
- 03 Would you prefer to live by the ocean or up in the mountains? Why?
- 04 What games did you play with your siblings when you were growing up?
- 05 When was the last time you and your partner went on a date? Write about it.
- 06 Do you have any fond memories of camping with your family?
- 07 If you had an empty room, what are the ten things you would add to it?
- 08 Where's your favourite place to write?
- 09 Do you prefer going to cafes by yourself or with other people?
- 10 What are your ten favourite movies, and why?
- 11 How do you cope with stress and anxiety?
- 12 What do you usually have with toast?
- 13 Write about one of your childhood friends.
- 14 What are some of the things you tend to do when you procrastinate?
- 15 Describe a typical Thursday.
- 16 What are three things you are thankful for right now?
- 17 Is there anywhere in particular you would like to go with your family?
- 18 What currently inspires you?
- 19 How did your grandparents make a living?
- 20 What is your favourite hour of the day, and why?
- 21 How do you comfort your child(re) when they are sad?
- 22 Has somebody been kind to you recently?
- 23 What happened at 1pm today?
- 24 What are some things weighing on your heart right now?
- 25 Are there any habits that you would like to develop?
- 26 What do you like to snack on in the evenings?
- 27 What are three things from this past month that have been challenging?
- 28 What are three things from this past month that have uplifted you?
- 29 How are you feeling today?
- 30 What is your favourite thing about Saturday afternoons right now?
- 31 What are you most looking forward to next month?

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