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# september journaling prompts

- 01 Describe a moment from today that you want to remember always.
- 02 What hopes do you hold for the new season that's upon us?
- 03 What are your favourite flowers and why?
- 04 Recount the last conversation you had with a stranger.
- 05 What do you always order at your favourite cafe?
- 06 What were you doing at 2pm today?
- 07 How would you describe your personal style?
- 08 What's on your mind today? Write a list.
- 09 Describe (and/or sketch) your dream bag.
- 10 How are you going with the goals that you made at the beginning of the year?
- 11 Write about a song and why it holds a special place in your heart.
- 12 What changes have you made around the home recently?
- 13 What (or who) has been of inspiration to you lately?
- 14 What condiments can you not cook without?
- 15 Write down three of your earliest memories.
- 16 Who do you turn to when you need to talk?
- 17 What have been your go-to meals during the winter/summer just past?
- 18 What are three things you are thankful for right now?
- 19 What normally happens on a Friday?
- 20 Write about all the projects you currently have on the go.
- 21 Find out five new facts about your grandparents and write them down.
- 22 What are five (or ten) things you would want your grandchildren to know about you?
- 23 What is the most romantic thing someone has ever done for you?
- 24 When was the last time your family got together? What did you do and talk about?
- 25 Describe something you've made in this last month.
- 26 What are three things from this past month that have been difficult to process?
- 27 What are three things from this past month that have been amusing?
- 28 How are you feeling today?
- 29 What is your favourite thing about Monday evenings right now?
- 30 What are you most looking forward to next month?

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