

10 / october journaling prompts

- 01 Describe a moment from today that you want to remember always.
- 02 What sort of school lunches did you have when you were little?
- 03 Have you kept in touch with your childhood friends?
- 04 When was the last time you and your partner talked? What did you talk about?
- 05 What were some of your favourite books to read when you were young?
- 06 What does it mean to be strong?
- 07 What makes you feel confident?
- 08 What are some things that make you feel nervous?
- 09 Recount a recent evening that you wish to remember.
- 10 What is your favourite season, and why?
- 11 What do you hope to achieve by the end of the year?
- 12 What's on your heart right now?
- 13 What are some things that you wish to purge from your life?
- 14 Do you remember what life was like a year ago today? Describe it.
- 15 Describe a typical Saturday for you and your family.
- 16 What happened at 8pm today?
- 17 Write about five things that made you smile this week.
- 18 What are you eating these days?
- 19 If you were to dress up for a night out this evening, what would you wear?
- 20 What have you been thriving on lately?
- 21 Describe something that is beautiful to you.
- 22 What is your least favourite time of the day, and why?
- 23 How do you feel about recent events happening around the world?
- 24 Why is journaling important to you?
- 25 What does happiness look like to you?
- 26 Describe something you've bought in this last month.
- 27 What are three things from this past month that have been eye-opening?
- 28 What are three things from this past month that have been antagonising?
- 29 How are you feeling today?
- 30 What is your favourite thing about Tuesday afternoons right now?
- 31 What are you most looking forward to next month?

MORE JOURNALING PROMPTS AVAILABLE AT OUR WEBSITE