

11 / november journaling prompts

- 01 Describe a moment from today that you want to remember always.
- 02 Write about darkness.
- 03 What are your greatest fears right now?
- 04 Who helps to look after you when you are sick?
- 05 What have been your favourite television shows this year?
- 06 Where do you hope to go for your next holiday or vacation?
- 07 How did your family spend Christmas day when you were little?
- 08 Describe your ideal date night.
- 09 What are some things that you wish to add to your life?
- 10 Write about a precious keepsake from your childhood.
- 11 What normally happens on a Sunday?
- 12 What was your most memorable family holiday when you were child?
- 13 What's the biggest difference that we can make in this world?
- 14 What is the best and the worst thing about being human?
- 15 Write about your bravest act.
- 16 What's the most important thing you wawwwwwwnt to teach your children?
- 17 What sort of legacy do you wish to leave behind?
- 18 What was the best Christmas present you received in your childhood? Describe it.
- 19 Write an account of your most recent family gathering.
- 20 What happened at 4pm today?
- 21 Have you felt hurt recently? Write about it.
- 22 What books have you read this year?
- 23 Describe a recent conversation that's been encouraging for you.
- 24 What exercise regime(s) have you embarked on this year?
- 25 What's on your heart right now?
- 26 What are three things from this past month that have been refreshing?
- 27 What are three things from this past month that have been unexpected?
- 28 How are you feeling today?
- 29 What is your favourite thing about Wednesday mornings right now?
- 30 What are you most looking forward to next month?

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