



JOURNALING

Journaling Prompts

1. **What do you want to do this month?** What are 3 goals you have for August? List some action steps you can take to accomplish them.
2. **Let them be themselves:** Reflect on a relationship or situation where you've struggled to accept someone for who they are. Explore any expectations you might have placed on them and how you can practice letting them be their authentic selves without judgment.
3. **Let them go:** Write about something or someone that you need to let go of in your life. It could be a habit, a toxic relationship, or a fear that's holding you back. Describe the emotions and thoughts associated with this process.
4. **Let them unfold:** Think about a goal or a dream you have. Instead of forcing things to happen, how can you let the journey unfold naturally? Explore the idea of trusting the process and being patient with the outcomes.
5. **Let them inspire you:** Write about someone who has been a source of inspiration in your life. What qualities or actions do they possess that you admire? How can you let their example motivate you to become a better version of yourself?
6. **Let them be free:** Reflect on any restrictions or limitations you might have imposed on yourself. How can you grant yourself the freedom to explore new possibilities and embrace your true potential?
7. **Let them pass:** Write about any grudges, resentments, or negative feelings you may be holding onto. How can you practice forgiveness and let go of these emotions to create more space for positivity and peace in your life?
8. **Let them in:** Explore any barriers you might have built to protect yourself emotionally. How can you open up and allow yourself to be vulnerable with the right people?
9. **Let them be a mystery:** Consider aspects of life or the universe that you don't fully understand. Embrace the idea of not having all the answers and appreciate the beauty of the unknown.
10. **Let them find their way:** Reflect on a situation where you feel compelled to offer advice or solve someone else's problems. How can you let them find their own solutions and trust in their ability to navigate their journey?

11. **Let them be happy:** Reflect on any situations where you might be trying to control or influence someone else's happiness. How can you practice letting them find their joy and supporting them in their pursuit of happiness?
12. **Let them be heard:** Write about a time when you felt unheard or dismissed. Explore the emotions associated with not being listened to and consider how you can let others feel heard and validated in your interactions.
13. **Let them dream:** Think about the dreams and aspirations you had when you were younger. Have you let go of some of those dreams along the way? Reflect on whether you can reignite those passions and pursue them in some form.
14. **Let them be at peace:** Write about any regrets or mistakes you might be holding onto. How can you practice self-forgiveness and let go of the past to find inner peace in the present?
15. **Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
16. **Let them be imperfect:** Explore any tendencies you have towards perfectionism. How can you embrace imperfections in yourself and others, allowing room for growth and learning without excessive self-criticism?
17. **Let them be independent:** Reflect on any areas of your life where you might be overly reliant on others. How can you let go of dependencies and cultivate a sense of self-sufficiency and empowerment?
18. **Let them be kind:** Consider any instances where you've been harsh or critical towards yourself or others. How can you let go of judgment and practice self-compassion and kindness?
19. **Let them be supportive:** Write about the people in your life who have been a strong support system for you. How can you let them know how much they mean to you and express gratitude for their presence?
20. **Let them be a part of your past:** Reflect on relationships or experiences that have ended. How can you let go of any lingering attachments or unresolved emotions and make peace with the past?
21. **Let them be present:** Explore any distractions or anxieties that keep you from fully being present in the moment. How can you let go of these mental obstacles and embrace mindfulness in your daily life?
22. **Let them be celebrated:** Write about your achievements and successes. How can you let yourself bask in the joy of these accomplishments without downplaying their significance?

- 23. Let them be enough:** Reflect on any feelings of inadequacy or the need to constantly prove yourself. How can you let go of comparison and embrace the understanding that you are enough just as you are?
- 24. Let them be loved:** Write about the importance of love and connection in your life. How can you let go of any emotional barriers and open yourself up to giving and receiving love more fully?
- 25. Let them be different:** Reflect on a situation where you've encountered someone with vastly different beliefs or opinions. How can you let go of the need to change them and instead cultivate understanding and respect for diverse perspectives?
- 26. Let them be your teacher:** Think about a difficult or challenging person in your life. How can you let go of the frustration they cause and view them as an opportunity for personal growth and learning?
- 27. Let them be at rest:** Reflect on any worries or anxieties that keep you up at night. How can you let go of these concerns during bedtime and cultivate a sense of peace to promote better sleep and well-being?
- 28. Let them be your mirror:** Write about the traits or behaviors in others that trigger strong reactions in you. How can you let go of projecting your unresolved issues onto them and instead use these triggers as a means for self-reflection and growth?
- 29. Looking ahead to next month:** What events do you need to prepare for? What are you looking forward to?
- 30. Month in Review:** What lessons did you learn this month?
- 31. Month in Review:** How did this month go? Which goals did you complete? What do you still need to work on?



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