

August

JOURNALING PROMPTS



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- **What do you want to do this month?** Write your goals for the month, and think about what you need to do to accomplish them.
- What is keeping you from reaching your goals?
- What are you excited about in the coming month?
- Write about a challenge in your life that ended up being a great story to tell later.
- Write about a challenge that was difficult at the time but you came out feeling stronger for it.
- Write about a time when you endured hardship.
- Look at what you wrote yesterday. How did you overcome that hardship?
- Write about some joys in your life that are only possible because of challenges you faced.
- Which people in your life have helped you get through your challenges? What did they do to help you?
- What are some challenges other people in your life have faced that you helped them get through?
- What are some ways you have been able to enjoy your life despite the challenges you faced at the time?
- What are some things that help you feel more in control when you're facing challenges?
- Flexibility is a good skill to have to help cope with challenges. What are some ways you can more flexible?
- Write a stream of consciousness journal entry.
- **Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
- Think about some challenges you faced when you were younger. Do you feel they were more, or less, difficult than the challenges you face now?

- How has getting older helped you deal with challenges?
- If you could go back in time and talk to yourself while you faced a difficult challenge, what would you tell your past self?
- If your future self could come and talk to you now, what do you wish they would tell you about the challenges you are currently facing?
- Do you feel like you face more challenges now than when you were younger?
- What are some ways you can manage your stress to help yourself through your challenges?
- What are some things you can minimize or eliminate from your life so you can focus on your current challenges?
- List 3 of your current challenges, and what you would like the outcome to be.
- Now list the steps you need to take in order for your challenges to have the outcomes you want.
- Write the steps in your planner or journal, and create an action plan for when you can complete the tasks required to reach your desired results.
- Write a stream of consciousness journal entry.
- What were your favorite moments this month?
- List 5 good things that happened this month.
- **Look ahead to next month:** What events do you need to prepare for? What are you looking forward to?
- **Month in Review:** What lessons did you learn this month?
- **Month in Review:** How did this month go? Which goals did you complete? What do you still need to work on?
- **BONUS PROMPT:** What does the following quote mean to you?

Life is a series of punches. It presents a lot of challenges. It presents a lot of hardship, but the people that are able to take those punches and able to move forward are the ones that really do have a lot of success and have a lot of joy in their life and have a lot of stories to tell, too.

~ Josh Turner

Journaling Prompts

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

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August AFFIRMATIONS

FOR TOUGH TIMES

- I have what I need to get through this
- I will get through this
- All I need is within me right now
- All I can do is my best
- I choose to be optimistic
- I am stronger than I think and tougher than I think
- Five years from now this won't matter as much as I think it will
- I've been down before and I CAN get back up again!
- I won't give up. I won't quit
- I am a survivor. I have survived many things in life. I will surely survive this.

Daily Affirmation: _____

Daily Affirmation: _____

Daily Affirmation: _____

Daily Affirmation: _____



A series of horizontal lines for writing, consisting of 30 lines in total, spaced evenly down the page.



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