



# JOURNALING

# Journaling Prompts

1. **What are your goals and intentions for this month?** Write them down and reflect on why they are important to you. List some action steps you can take to accomplish them.
2. What were your initial goals and intentions for this year? Take stock of the progress you've made towards achieving them.
3. Reflect on your biggest accomplishments so far this year. What factors contributed to your success?
4. What challenges or obstacles have you faced in the past six months? How did you navigate through them, and what lessons did you learn?
5. Describe any unexpected opportunities or experiences that came your way. How did they impact your personal or professional growth?
6. Reflect on your personal growth and development. In what areas have you made progress, and what areas would you like to focus on for the remainder of the year?
7. Take a moment to set new intentions for the second half of the year. What specific goals or milestones do you want to achieve? How can you stay motivated and accountable?
8. Describe your favorite summer memory from the past. What made it special and how can you incorporate those elements into this July?
9. Make a list of all the things you want to do outdoors this month. How can you make time for them in your schedule?
10. Write about a book you've been meaning to read and why you're excited to dive into it this summer.
11. Write about your favorite way to beat the summer heat. Is there anything new you'd like to try this July?
12. Describe your ideal summer vacation. Where would you go, who would you be with, and what would you do?
13. Write about your favorite summer foods and why they bring you joy. Are there any new recipes you'd like to experiment with this July?
14. Reflect on your self-care routine and how it can be adapted to meet the challenges and opportunities of the summer season.

15. **Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
16. Describe your perfect summer day from morning to night. How can you incorporate elements of that day into your July routine?
17. Write about a recent accomplishment you're proud of and how it has positively impacted your life.
18. Reflect on a challenge or obstacle you're currently facing. What steps can you take in July to overcome it?
19. Make a list of the places in your local area that you'd like to visit or explore this month. Plan out how you can make those visits happen.
20. Make a list of your favorite summer quotes or mantras. Write about how you can apply them to your daily life this summer.
21. Write a letter to your future self, envisioning where you want to be in a year's time. What goals and aspirations do you hope to have achieved by then?
22. Write about a hobby or activity that brings you joy during the summer. How can you incorporate more of that into your routine?
23. Reflect on your relationships and the people who bring positivity into your life. How can you nurture and deepen those connections?
24. Describe a place in nature that brings you a sense of peace and tranquility. How can you spend more time there or someplace similar?
25. Describe a project or creative endeavor you'd like to pursue. What steps can you take to get started?
26. Reflect on the importance of gratitude in your life. Write about three things you're grateful for today and why.
27. Imagine your perfect summer evening and write a detailed account of how you would spend it. How can you create more evenings like that?
28. Reflect on your morning routine and how it sets the tone for your day. What changes can you make in July to create a more intentional and positive start?
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? How can you apply it to your life moving forward?
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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