



1. What is the one thing you're looking forward to this Fall?
2. What do you love about October?
3. What's on your heart today?
4. What's the last movie you saw? How did you like it?
5. Write out all the things on your Fall Bucket list.
6. What made you happy today?
7. What is one thing you love about yourself?
8. What TV show do you love right now?
9. Describe your day in one word and here why you picked that word?
10. What's a Halloween costume you wanted to wear as a kid but couldn't and why?
11. Do you have any Fall Traditions? What are they?
12. What do you want to celebrate today?
13. What inspires you right now?
14. What book are you currently reading? How is it?
15. When you're stressed or worried what do you do to relax?
16. What is the one thing you're looking forward to this Fall?
17. What made you smile today?
18. What goal are you trying to reach this month?
19. What did you do today?
20. What are some successes you've had this month?
21. What moment from your day do you want to remember?
22. If you could have a superpower what would it be?
23. What's the scariest movie ever you've seen?
24. What's your favorite Halloween Candy?
25. What's your ideal day?
26. What is one thing you would change about your day?
27. What is your dream Halloween costume?
28. What are you doing for Halloween this year?
29. What's a goal you would like to reach next month?
30. What's a lesson you learned this month?
31. What is one of your favorite Halloween costumes you loved as a kid and why?