



MAY

JOURNAL PROMPTS

1. Make a list of places you would like to travel to
2. What's your favorite way to workout?
3. What's your go-to healthy meal?
4. What's your favorite "cheat" meal?
5. Who is someone (alive or dead) that you would like to meet?
6. What word best describes last month? Why?
7. Where do you go to get inspired?
8. What's one thing you're afraid to do? Why?
9. Share about TV Show you're currently watching and what you love about it.
10. Podcast you love and what do you love about it.
11. What's your current guilty pleasure
12. If money was no limit what would your perfect "treat yo' self" day look like?
13. What is something you're learning right now (about yourself, skill etc.)
14. What would you like to "do over"?
15. What's your favorite place to travel to? Why?
16. One thing you're looking forward to this Summer
17. What was the best advice your Mother has given you?
18. What do you appreciate about your Mother?
19. Who are the women in your life that you admire and share briefly why?
20. What do you love about your Best Friend (s)?
21. What is currently challenging you?
22. What are you grateful for today?
23. What is your morning routine?
24. What's your evening routine?
25. What is one thing people don't know about you?
26. If you had 1 million dollars to give away in 24 hours what would you do? Share why you chose to give in the way you did.
27. What's your favorite thing right now?
28. What is the status on your 2019 goals? Where are you thriving and where are you struggling?
29. Who can you call at anytime no matter what?
30. What's one new thing you've recently discovered about yourself.
31. What are you looking forward to next month?