



JUNE

JOURNAL PROMPTS

1. List all the things that make you happy
2. What's your dream job? Why this job?
3. What's your go-to healthy meal?
4. Set a timer and free write for five minutes about whatever comes to you mind.
5. What's one goal you want to achieve this Summer and why?
6. What are three things you want to celebrate that happened last month?
7. Write down your summer bucket list.
8. What is your favorite flower? Why do you love them?
9. What books are on your Summer reading list?
10. What do you need today?
11. Who do you want to talk to today but can't?
12. What can you let go of?
13. What is your favorite Summer activity?
14. What's a fun memory you have of your father or father figure in your life?
15. What's your go to snack?
16. What did you do for yourself today?
17. What's the last thing you bought for yourself? Why did you buy it? Was it practical, impulsive or a treat?
18. What do you appreciate about your father or father figures in your life?
19. Who are you currently inspired by?
20. If I could leave today and had all the money I needed, I would travel to_____. Why?
21. I want to give more _____ to _____ Why?
22. What was your favorite Summer vacation?
23. Write a quote that has resonated with you and share what you like about this quote.
24. Today I am grateful for
25. What outfit or item of clothing could you live in all Summer? What do you love about this outfit/item?
26. One thing I want to try this Summer is _____?
27. What is something I often take for granted? How can I change that?
28. What music artist and or group would you love to see in concert?
29. What fills you up?
30. One word that defines this month for you and why.