



# JULY

## JOURNAL PROMPTS

1. What is important to you right now?
2. What is your best trait?
3. What has been the highlight of your year so far?
4. What goals do you need to refocus on?
5. What goals have you achieved or are close to achieving? How do you feel about this?
6. What is your favorite Summer activity?
7. What's on your Summer playlist?
8. List the five things that excite you right now
9. List the best things about Summer
10. What encourages you?
11. Share a recent compliment you received
12. How did you relax today?
13. Describe your day in six words
14. What is the best decision you've made and how has it shaped you into who you are today?
15. How are you feeling today? (really feeling)
16. What is your favorite moment or memory from this Summer so far?
17. What is your morning routine?
18. List 10 good things about your day
19. List 10 places you want to visit
20. Are you a morning person or a night owl? What is great about this and what is a challenge?
21. What are your top three favorite ice cream flavors? What's your favorite toppings? (Happy National Ice Cream Day!)
22. What is a small step you can take today on a goal you are working on?
23. What are your three intentions for today?
24. List 3 ways you can treat yourself this week
25. What is your go to summer meal?
26. Write about a funny story you heard recently
27. What was the best advice you received? Who was it from? What did it mean to you?
28. What is a simple pleasure you enjoy?
29. One thing you wish you could do?
30. What would make you feel content?
31. What are you looking forward to next month?