



# AUGUST

## JOURNAL PROMPTS

1. List 10 things that make me happy right now.
2. What colors make me think or feel happy?
3. What do I love about this time of year?
4. What do I love about this season of your life?
5. What is on heavy rotation on my playlist?
6. A quote or verse that I am inspired by
7. Today I wish...
8. What is something I love doing and look forward to each day (or week)?
9. What activities, trips or experiences I want to have before Summer ends.
10. What is holding me back? How can I change this?
11. How am I feeling about my goals this year? What is one thing I can take action on this month?
12. List five victories I've had so far this year
13. Five years from now I want to be...
14. What is my perfect day?
15. What moment this month do I want to remember?
16. I am really good at...
17. I am struggling to do...
18. The person I call for advice is? Do you take their advice or ignore it.
19. What does happiness mean to me?
20. What's my favorite memory about school?
21. What activities make me happy?
22. What or who is in your life that lights me up?
23. What do I want to do today?
24. When am I the happiest?
25. One day I will...
26. Who are the people who know you the best? How do you feel about these people?
27. Right now I am afraid of and why?
28. Three things this month that inspired me?
29. Three things this month that challenged me?
30. Three lessons I learned this month?
31. I am looking forward to next month?