



# SEPTEMBER

## JOURNAL PROMPTS

1. What are you looking forward to this month?
2. How do you feel today?
3. List all the things that excites you about fall
4. What is inspiring you right now?
5. What goals have you accomplished so far this year?
6. What are you passionate about?
7. Do you handle change well? What is easy about change? What is hard about change?
8. Are there any changes you want to make to your life? What do. You want to change? What do you want to keep the same?
9. This week I learned...
10. What's on your heart today?
11. What new TV shows are you watching?
12. What have you bought yourself recently?
13. Free write for 10 minutes everything that comes to your head
14. If you could do anything you want today and money is not an issue, what would you do?
15. Who are the most influential people in your life?
16. What have you done for your mind, body, soul and heart this week?
17. What three things can you do today to be ready for tomorrow?
18. What would make your life easier?
19. What is going well right now?
20. What are you struggling with right now?
21. What is a Milestone you want to reach in the next five years?
22. What's do you enjoy reading?
23. One way you encourage others in your life is...
24. What's your best quality?
25. What's your favorite meal and why do you love it?
26. Make a list of 10 people you would like to meet
27. What are you grateful for this month?
28. Where do you want to be in your life this time next year?
29. What's a moment this month that stood out to you and you want to remember?
30. What did you love about this month? What did you learn this month? What are you excited about next month?