

# MONTHLY JOURNAL PROMPTS

## JANUARY

What are you most looking forward to this year?

What's one thing you learned about yourself last year?

## FEBRUARY

What do you love most about life right now?

What is your favorite form of self care? How can you practice more self care?

## MARCH

A few words of advice you'd give to someone younger?

When you have a sad day, what do you do that helps you feel better?

## APRIL

When do you feel the most confident in your skin?

How have challenges taught me to stand in new ways?

## MAY

What makes you laugh out loud?

What are three things that inspire you?

## JUNE

If you were not afraid of what other people thought, how would you live your life? How can you start living your life this way right now?

What are you struggling with the most right now?

## JULY

Write about a vivid childhood summer memory you have.

Describe a moment this month that you want to always remember.

## AUGUST

What is something that's been a lot on your mind lately?

What is something you have always wanted to try, but haven't done it yet?

## SEPTEMBER

What sort of adventures do you dream of going on?

Write about something you needed to hear when you were younger.

## OCTOBER

What does happiness look like to you?

What is the best piece of advice you've received?

## NOVEMBER

What person are you grateful to have in your life right now and why?

What are you most grateful for right now?

## DECEMBER

If you could tell your past self anything one year ago, what would you tell yourself?

Write about something unexpected that happened to you this year and how you journeyed through it.