



August Journal Prompts

1. What is your favorite room in your house/apartment? Why?
2. What is one thing you can do for self-care today?
3. What is causing you stress?
4. Describe your perfect beach day.
5. When you feel down, how can you bring yourself joy?
6. How can you do something for others today?
7. Describe one of your favorite people.
8. What are your favorite hobbies? Why?
9. Who is your role model? Why?
10. What do you need to let go of?
11. What 3 values meant the most to you? Why?
12. What is something new you can try?
13. Describe your perfect morning.
14. On a scale from 1-10 your mental health is a ____ because...
15. What are your Sundays like?
16. What is your ideal day?
17. If you could go anywhere in the world, where would you go? Why?
18. If you could emulate a trait from someone close to you, what would it be?
19. What is your favorite game/sport? Why?
20. Would you rather revisit the past or see the future?
21. What is a compliment you recently received? How did it make you feel?
22. Write a "love" letter to someone important in your life.
23. List as many things as you can that you like about yourself.
24. Add 5 things to your list from yesterday.
25. What is a time when you felt super motivated?
26. What is a skill you wish you possessed?
27. What boundaries could you set in your relationships for better mental health?
28. What are your career ambitions?
29. What are three things that can instantly disrupt a good mood and bring you down? What strategies do you use to counter these effects?
30. Describe two or three things you do to relax.
31. What three ordinary things bring you the most joy?



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