



July Journal Prompts

1. What brought you joy today?
2. What are your 5 favorite parts of summer?
3. Who inspires you?
4. What is your dream vacation?
5. Name a personal struggle and how you can overcome it.
6. How can you draw strength from loved ones?
7. My life would be incomplete without...
8. Describe your favorite thing to do when you feel low.
9. How can you prioritize self-care?
10. What are 5 things you love about yourself?
11. If you won the lottery, what would you do with the winnings?
12. How can you prioritize self-care?
13. Who lifts you up? How do they do it?
14. What are 5 essential emotions?
15. What makes you smile?
16. What is one area of our life you can improve and how can you improve it?
17. What is your favorite vacation? Why?
18. How can you lift up others?
19. What is your favorite food? How do you feel eating it?
20. How can you make someone smile?
21. Name 3 things you cannot live without.
22. How can you maximize your emotions?
23. If you knew you would not fail, what would you do?
24. List 10 of your favorite things.
25. When you feel loved, how do you show up?
26. What do you enjoy doing most with friends and family?
27. What do you wish others knew about you?
28. What superpower would you have? Why?
29. What is something you are excited for?
30. Name the 3 biggest priorities in your life right now.
31. Write about a past regret and why you regret it.



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