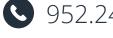


July Journal Prompts

- 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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