



# June Journal Prompts

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1. Describe your most recent dream.
2. What are 5 things you can say “No” to?
3. How would you describe yourself to a stranger?
4. What is something that would make your life easier?
5. If you could be anywhere in the world right now, where would you be?
6. What would you do with an hour of uninterrupted free time?
7. What part of your life do you love right now?
8. Give yourself 3 compliments.
9. What is a goal you have?
10. What are 3 actionable steps you could take towards achieving that goal?
11. How can you hold yourself accountable to those steps?
12. What makes you a good friend?
13. As a child, what did you want to be when you grew up?
14. Is there anything you did this week that you wish you had done differently?
15. What is something that is frustrating you?
16. What is a guilty pleasure?
17. What are your top 5 short term goals?
18. What is the first thing you notice about someone when you meet them for the first time?
19. What has been your favorite age so far in life?
20. What is your current favorite song?
21. What did you enjoy doing most this week?
22. What are two or three things you do to relax?
23. What was your first week of college like?
24. How can you serve others better?
25. What is something random that makes you smile?
26. What is something that is weighing on your mind?
27. How can you work through this?
28. What do you think about soulmates?
29. What are the top 10 qualities a friend should have?
30. What makes you unique?



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