



A collage of various papers including newspaper clippings, a calendar, a grid, and patterned paper, with a central title card. The collage features a mix of textures and colors, including yellow, orange, and brown tones. A white paper airplane is shown in flight, leaving a dashed trail. A small branch with yellow flowers is tucked into the right side of the title card. The title card itself has a scalloped edge and a light beige background.

OCTOBER JOURNAL PROMPTS

ASSIGNMENT DR. BY
UNIT 8 CH. BY

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WHAT WILL YOU AIM TO ACHIEVE BEFORE THE END OF OCTOBER?

ARE YOU GETTING ENOUGH SLEEP? IF NOT, WHAT CAN YOU DO TO IMPROVE?

WHAT IS ONE SMALL ACT OF SELF CARE YOU CAN START DOING ON A DAILY BASIS THIS MONTH?

WHAT ARE 3 THINGS YOU'RE GRATEFUL FOR OFF THE TOP OF YOUR HEAD?

WHAT IS YOUR ALL-TIME FAVORITE AUTUMN RECIPE TO COOK OR BAKE?

WHAT WOULD THE PERFECT OCTOBER DAY LOOK LIKE TO YOU, FROM START TO FINISH?

WHAT COULD YOU USE LESS OF IN YOUR LIFE RIGHT NOW?

WHAT COULD YOU USE MORE OF IN YOUR LIFE RIGHT NOW?

HOW CAN YOU MAKE BETTER USE OF YOUR FREE TIME?

DESCRIBE A DIFFICULT SITUATION THAT MADE YOU STRONGER.

WHAT ABOUT YOUR HOME MAKES YOU GRATEFUL?

WHAT IS YOUR ALL-TIME FAVOURITE BOOK AND WHY?

DO YOU LOVE HALLOWEEN? WHY OR WHY NOT?

HOW DO YOU DEAL WITH NEGATIVE THOUGHTS WHEN THEY CROP UP?

WHAT IS SOMETHING CREATIVE YOU ENJOY DOING?

WHAT DO YOU ENJOY DOING THE MOST ON YOUR OWN?

THE LAST QUARTER OF THE YEAR IS CURRENTLY UPON YOU. HOW DOES THAT MAKE YOU FEEL?

HOW CAN YOU BE HERE RIGHT NOW?

WHAT ARE THREE THINGS ABOUT YOU THAT FEW PEOPLE ARE AWARE OF?

WHO HAD THE MOST IMPACT ON YOU GROWING UP?
