



SEPTEMBER JOURNAL PROMPTS



WHAT PARTS OF SUMMER DO YOU WANT TO HANG ON TO?

A PART OF NATURE THAT YOU ARE GRATEFUL FOR

WHAT ARE YOU GRATEFUL FOR RIGHT NOW?

WHEN DO YOU FEEL MOST CREATIVE?

WHAT DO YOU NEED TO FEEL HAPPY?

WHAT BOUNDARIES DO YOU NEED TO PUT IN PLACE?

CHECK IN WITH ANY GOALS YOU SET FOR THIS YEAR.

WHAT IS ONE THING YOU ARE STRUGGLING WITH?

THREE GOOD THINGS.

WHAT HAVE YOU LEARNT THIS SUMMER

WHAT MAKES YOU FEEL THE MOST AT HOME?

THE THING THAT GIVES YOU HOPE

YOUR FAVOURITE SUMMER MEMORY WHEN YOU WERE A CHILD

THE BEST PART OF A RAINY DAY

WHAT NEW HABITS WOULD YOU LIKE TO CREATE THIS MONTH?

LIST THREE ROADBLOCKS TO HAPPINESS

WHO OR WHAT LIGHTS YOU UP?

HOW DOES SEPTEMBER'S ENERGY FEEL TO YOU?

93) DO YOU EMPATHIZE WITH OTHERS?

HOW CAN YOU BE CONTENT, JUST THE WAY YOU ARE?
