

JULY

JOURNAL PROMPTS

1. What is most important to you?
2. Your best trait
3. A movie that makes you happy
4. Something that excites you
5. Something that worries you
6. Actions that you admire
7. A time of transition
8. How did you feel today?
9. What do you spend your time thinking about?
10. What year has been your best so far?
11. Who you do trust?
12. A song from your childhood
13. What you wore today
14. How are you creative?
15. The best part of summer
16. A letter to someone else
17. I always...
18. A list of things you like
19. A question that needs to be asked
20. What do you need?
21. Your summer playlist
22. What inspires you?
23. What do you want less of?
24. What is holding you back?
25. A tiny step towards your dreams
26. Three things you want to change in your life
27. How have you grown in the past month?
28. What are you offering the world?
29. How do you spend time resting?
30. The best idea you've had this week
31. The book you're currently reading



Made by Elizabeth McNair / Life of Lovely