

Summer Journal Prompts



1. What memory do you cherish the most?
2. What do you wish others knew about you?
3. Do you have a routine, or are you a person who hates routines?
4. What is something you would love to learn how to do?
5. Who do you look up to and what do you admire most about them?
6. What is the best advice someone has ever given you? What impact did it have on your life?
7. What is your biggest weakness and your greatest strength?
8. What habit would you like to change and why?
9. What scares you?
10. Write the words you need to hear.
11. What is your favorite way to spend the day?
12. Name four things that make you happy.
13. If my body could talk, what would it say?
14. Name what is enough for you.
15. What ten words would you use to describe yourself?
16. What would you do if you loved yourself unconditionally?
17. Name a compassionate way you have supported a friend recently?
18. What brings tears to your eyes? (good or bad)
19. Write a list of questions that you wish you had answers to.
20. Make a list of everything that inspires you.
21. What's one topic you need to learn more about to help you live a more fulfilling life?
22. I feel happiest in my skin when...
23. Make a list of everything you would like to say 'no' to. Make another list of everything you would like to say 'yes' to.
24. What surprises you the most about yourself?
25. What are two moments in your life that you will never forget?