

Fall Journal Prompts



1. What does the fall season symbolize to you personally?
2. How have you changed since last autumn?
3. What do you want to let go of this season, like the trees let go of their leaves?
4. Describe a memory from a past fall that still warms your heart.
5. What are you most grateful for right now?
6. Describe your ideal fall day using all five senses.
7. What's your favorite fall scent and why?
8. Write about your favorite fall drink or food and the memories it brings up.
9. How does your wardrobe or home change in the fall?
10. List your top five comfort items or rituals in autumn.
11. What are three goals or intentions you have for this season?
12. What habits do you want to begin or return to as the days get shorter?
13. How do you take care of your mental and physical health as the seasons change?
14. What areas of your life need "pruning" this season?
15. As the year winds down, what do you want to complete or achieve?