



JUNE

Journal Prompts

thoughtfulticket.com

1. Set your intention for the month. This can be one word, a list of goals, or a description of how you would like the month to progress.
2. How can you prioritize self care this month?
3. Find a positive affirmation that resonates with you and your goals this month. What is it?
4. How can you progress toward your goals this month?
5. Recall a favorite memory.
6. Describe your ideal day.
7. Find a quote that resonates with your goals for the month. Illustrate it.
8. Celebrate a recent win.
9. What is on your summer reading list? Why?
10. What do you love most about yourself?
11. If you could have your dream career, what would it be and why?
12. Has anything been pulling you out of your wellbeing lately?
13. What are you excited to do this summer?
14. Do you have a morning routine? What is it and is it setting your day up for success?
15. Create a list of self care activities you can do when you are feeling low.
16. What transitions are happening in your life right now? How does it make you feel?
17. What does slow living mean to you?
18. Write a letter to your younger self describing the top three lessons you have learned.
19. What is one thing you can do regularly to reconnect with nature?
20. What are some small ways you can practice mindfulness?
21. What are you letting go of this season? What are you welcoming?
22. List 5 things you are grateful for. How can you show gratitude more often?
23. Is there anything in your home causing you anxiety? What changes can you make to invite calm into your space?
24. Examine your to do list. What could you give yourself permission not to do and why?
25. What's your top travel destination on your bucket list? Describe what you would like to see and experience.
26. What area in your life needs the most change and why?
27. In what ways can you get out of your comfort zone this season?
28. List 5 simple things that make you happy.
29. What is one thing you can add to your life to make it better?
30. What is one thing you could remove from your life to make you happier?