



JULY

Journal Prompts

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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. List three things you like about yourself.
4. How would your best friend describe you?
5. List 3 ways you can do to treat yourself this summer.
6. Describe your ideal day.
7. Find a quote or affirmation that resonates with you. Illustrate it.
8. Celebrate a recent win.
9. What do you think your greatest weakness is? Why? How can you improve?
10. Write a love letter to your body. Thank it for all it does for you.
11. In what ways are you prioritizing the needs of other above your own? What small changes can you make to make sure your needs are met?
12. Has anything been pulling you out of your wellbeing lately?
13. When you think of self care, what do you think of?
14. Do you have a morning routine? What is it and does it prioritize your self care?
15. Create a list of self care activities you can do when you are feeling low.
16. Write about a fictional character that inspires you? What is it about them that you are drawn to?
17. Reflect on your self talk. Is it mostly negative or positive? In what way can you adjust your self talk?
18. Is there someone/something/or a belief you are ready to let go of? Write a letter saying goodbye.
19. How can you take advantage of the summer weather to practice self care?
20. How can you step outside of your comfort zone this season?
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. What makes you feel most loved?
24. Examine your to do list. What could you give yourself permission not to do and why?
25. How do you take responsibility for your own well being?
26. Do you have any habits that harm your self care? What changes can you make?
27. What is one thing you could remove from your routine to make you happier?
28. List 5 simple things that make you happy.
29. List 3 things you would like to learn more about.
30. Going forward, what are some ways you can nurture yourself physically, spiritually, mentally, and emotionally?