

# June Journaling Prompts

## Plan With Ilyse

<b>What was my favorite thing about May?</b>	<b>What's something I'm looking forward to in June?</b>	<b>What's a goal I'd like to accomplish this month?</b>	<b>What's my favorite thing about summer?</b>	<b>What do I feel like is holding my back from accomplishing my goals?</b>
<b>Who is someone I can reach out to this week to check in?</b>	<b>What helps me slow down and feel more present?</b>	<b>How do I advocate for myself?</b>	<b>Do I forgive myself when I make a mistake?</b>	<b>How do I ask for help or support when I need it?</b>
<b>What is one adjustment I'd like to make to my morning routine?</b>	<b>What is one adjustment I'd like to make to my evening routine?</b>	<b>What is one thing I can do today to make tomorrow a little bit easier?</b>	<b>What is causing me stress right now?</b>	<b>What can I do today to help reduce the stress in my life?</b>
<b>How can I add more relaxation time into my day?</b>	<b>What am I most proud of myself for?</b>	<b>A mantra I'd like to live by is...</b>	<b>I am the best version of myself when _____</b>	<b>If I could accomplish one thing in the next three months, what would it be?</b>
<b>A book that has impacted me is _____</b>	<b>What have I been complaining about lately? Is there a way for me to see it differently?</b>	<b>What can I do today that I didn't think I could do a year ago?</b>	<b>What is my favorite personality trait?</b>	<b>Make a list of the people in my life who make up my support system.</b>
<b>Name a way I've supported a friend recently. How can I do the same for myself?</b>	<b>My favorite way to spend the day is...</b>	<b>What feelings come up when I think about money?</b>	<b>What does bedtime look and feel like? Is there anything I can change for a more restful night's sleep?</b>	<b>If my body could talk, it would say...</b>