

July Journaling Prompts

Plan With Ilysse

What was my favorite thing about June?	What's something I'm looking forward to in July?	How can I add more fun into my life?	On a scale of 1-10, how happy am I with my life right now?	What's the biggest challenge I've overcome?
What regrets do I have?	When was the last time I tried something new?	Who can I ask for help when I need it?	What's an act of kindness that I can do this week?	What do I think people appreciate about me?
List out July goals and action steps	What's one thing I can remove from my life to make it better?	What time of day am I most energized? How can I maximize that energy?	What do I hope my life will look like one year from today?	Who can I reach out to this week and just check in?
How can I prepare better for tomorrow?	List out 5 things I'm thankful for today	What's a moment today that made me smile?	What parts of my life am I happiest with?	My most common negative thought is...
What's the biggest lesson I learned in the last year?	What can I do this summer that I couldn't do last summer?	5 things I am looking forward to this week...	How can I practice self care today?	What's weighing most heavily on my mind lately?
What would I change about today?	What's something I can do today to make tomorrow easier?	What mood am I in right now? What's contributing to it?	List out three things I can do when I'm feeling down	Am I getting enough sleep? Why or why not?
What do I enjoy the most about summer?				