

August Journaling Prompts

Plan With Ilysse

What was my favorite thing about July?	What's something I'm looking forward to in August?	What is my best personality trait?	What hobbies did I enjoy most as a kid? Can I incorporate them into my life now?	What's my biggest insecurity?
What is something I've accomplished recently?	Who inspires me the most? Why?	What do I waste the most time on?	What can I do today to take care of myself?	What's something I'm having trouble letting go of?
List out August goals and action steps	Do I make decisions with my heart or with logic?	How do I cope with stress?	What's a piece of advice someone gave me that's helpful?	What are the qualities I value in a friend?
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 is one thing I can do today to make tomorrow a little bit easier?	What are the qualities I value in a partner?
Am I too hard on myself? In what ways?	What advice would I give my younger self?	5 things I am looking forward to this week...	How can I practice self care today?	What is something I have been putting off doing? Why?
What does success mean to me?	What do I need more of in my life?	What do I need less of in my life?	How am I feeling today, honestly?	What's the last good habit I developed?
What was the best part of my day yesterday?				