

September Journaling Prompts

Plan With Ilyse

What was my favorite thing about August?	What's something I'm looking forward to in September?	What can I do today for self care?	What's a choice I can make this week based on my needs?	How do I recharge?
What helps me slow down and feel more present?	How am I feeling today?	Do I feel guilty when I put myself first?	How do I savor the time I spend alone?	How do I advocate for myself?
Who can I reach out to when I need emotional support?	What's a goal I can work towards this week?	What negative beliefs do I have about myself? Are they true?	What am I proud of myself for?	What are 5 things I'm really good at?
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 is a challenge that I have overcome?	What does my perfect day look like?
5 things I am looking forward to this week...	Who is someone in my life I can treat better?	What do I want my legacy to be?	What is getting in the way of me achieving my goals?	What makes me a good friend?
What have I done lately that I want to brag about?	What was the best part of my day yesterday?	What's my favorite thing about Fall?	What was my best memory from this summer?	How am I feeling about 2021 so far?
What message would I like to share with the world?				