



REMEMBER WHY YOU STARTED

JULY JOURNAL PROMPTS

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Things to ask yourself

JOURNAL PROMPTS FOR JULY



MORE ABOUT ME...

1. What are some things that you really love?
2. What are some things that make you really uncomfortable?
3. When are you the happiest?
4. What activities energise you?
5. How do you change your mindset?

TALK ABOUT AFFIRMATIONS

6. What affirmations support your energy?
7. Is there an affirmation that helps your mental health?
8. What quotes really resonate with you?
9. What stories from history really really resonate with you?
10. How are some ways you affirm others and lift them up?

PRACTISING YOUR LETTERING

11. Start lettering your name
12. Letter a short word - like "goals"
13. Letter a word with double letters in it like "Goal Setting"
14. Letter a long word like "serendipity"
15. Letter the Days of the Week

YOUR VALUES AND PASSIONS

16. What are your 10 core values?
17. What little things are you doing to make those values part of your everyday?
18. What is a definitions of YOUR perfect life?
19. What steps can you take today to get closer to that life?
20. What would be your ideal job? Are you doing it now?

GRATITUDE

21. What do you love most about where you live?
22. What do you love most about your family or friends?
23. Describe something you love to do at home?
24. Who do you like to spend time with and why?
25. What is one thing you are grateful to have?
26. How have you given back to your community this month?

THINGS TO PONDER

27. What is your favorite personality trait?
28. List 10 things that make you smile
29. Get 2 people to tell you jokes and write them down!
30. What are 2 things that make you feel empowered?
31. What are 3 things you can do to make next month an AMAZING month?

TRACE THESE!

Goals
Setting
Serendipity
Gratitude
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday