

JOURNALING PROMPTS
Satwrite Life 2023 • OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 WHAT IS A SMALL ACT OF KINDNESS YOU CAN PERFORM TODAY FOR SOMEONE ELSE?	2 DESCRIBE A CHALLENGE YOU FACED TODAY AND THE STEPS YOU TOOK TO OVERCOME IT.	3 WHAT IS A GOAL YOU'RE CURRENTLY WORKING TOWARDS, AND WHAT'S ONE THING YOU CAN DO TODAY TO MAKE PROGRESS?	4 WRITE A LETTER TO YOUR FUTURE SELF, DESCRIBING YOUR ASPIRATIONS AND HOPES FOR THE COMING YEAR.	5 WHAT IS A SKILL OR HOBBY YOU'D LIKE TO LEARN, AND HOW CAN YOU TAKE THE FIRST STEP TODAY?	6 CAPTURE A VIVID MEMORY FROM YOUR CHILDHOOD AND REFLECT ON HOW IT HAS SHAPED YOU.	7 WRITE ABOUT A PLACE YOU'VE NEVER BEEN BUT DREAM OF VISITING. WHAT DRAWS YOU TO THIS PLACE?
8 LIST THREE THINGS THAT MADE YOU SMILE TODAY, NO MATTER HOW SMALL.	9 WHAT IS A BOOK, MOVIE, OR SONG THAT HAS HAD A SIGNIFICANT IMPACT ON YOU, AND WHY?	10 RECORD YOUR FAVORITE QUOTE AND DISCUSS WHAT IT MEANS TO YOU.	11 DESCRIBE A TIME WHEN YOU FELT MOST CONFIDENT AND CAPABLE. WHAT WERE YOU DOING?	12 SHARE A RECENT EXPERIENCE WHERE YOU FELT PROUD OF YOUR PERSONAL GROWTH.	13 REFLECT ON A DIFFICULT DECISION YOU'VE HAD TO MAKE RECENTLY AND THE FACTORS THAT INFLUENCED IT.	14 WHAT IS A PERSONAL MANTRA OR AFFIRMATION THAT HELPS YOU STAY POSITIVE IN CHALLENGING TIMES?
15 DESCRIBE A SPECIFIC MOMENT TODAY WHEN YOU FELT AT PEACE OR IN HARMONY WITH YOURSELF.	16 DISCUSS A TIME WHEN YOU STEPPED OUT OF YOUR COMFORT ZONE AND WHAT YOU LEARNED FROM THE EXPERIENCE.	17 WRITE ABOUT A PERSON WHO HAS HAD A POSITIVE INFLUENCE ON YOUR LIFE AND THE QUALITIES YOU ADMIRE IN THEM.	18 WHAT IS A FEAR OR OBSTACLE THAT'S BEEN HOLDING YOU BACK, AND HOW CAN YOU BEGIN TO CONQUER IT?	19 CAPTURE THE ESSENCE OF A PERFECT DAY. WHAT WOULD IT LOOK LIKE FROM MORNING TO NIGHT?	20 SHARE A MEMORABLE TRAVEL EXPERIENCE OR A PLACE THAT HAS LEFT A LASTING IMPRESSION ON YOU.	21 DESCRIBE THE TASTE, SMELL, AND TEXTURE OF YOUR FAVORITE COMFORT FOOD. WHAT MAKES IT SPECIAL TO YOU?
22 WRITE A LETTER OF GRATITUDE TO SOMEONE WHO HAS MADE A DIFFERENCE IN YOUR LIFE.	23 WHAT IS A PROJECT OR CREATIVE ENDEAVOR YOU'RE CURRENTLY PASSIONATE ABOUT, AND HOW CAN YOU ADVANCE IT TODAY?	24 REFLECT ON A MISTAKE YOU'VE MADE AND WHAT YOU'VE LEARNED FROM IT.	25 WHAT IS A CULTURAL TRADITION OR CELEBRATION THAT IS MEANINGFUL TO YOU, AND WHY?	26 WRITE ABOUT A TIME WHEN YOU FELT INSPIRED, WHETHER BY A PERSON, AN IDEA, OR AN EXPERIENCE.	27 WHAT DOES A PERFECT DAY OF SELF-CARE AND RELAXATION LOOK LIKE TO YOU?	28 RECORD A MOMENT WHEN YOU WERE IN AWE OF NATURE'S BEAUTY. WHAT DID YOU SEE, AND HOW DID IT MAKE YOU FEEL?
29 SHARE A PERSONAL ACHIEVEMENT THAT YOU'VE BEEN WORKING TOWARDS FOR A WHILE. HOW DID YOU REACH IT?	30 REFLECT ON A VALUABLE LESSON YOU LEARNED FROM A CHALLENGING OR DIFFICULT EXPERIENCE.	31 MONTHLY REVIEW: SUMMARIZE THE PAST MONTH'S ACHIEVEMENTS, CHALLENGES, AND WHAT YOU'VE LEARNED				