New Month Journal Prompts For Adults

1. What’s the most important thing you’re looking forward to this month?

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2. How can you be kinder to yourself this month?

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3. What plans do you have for this month?

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4. What are some ways you like to relax?

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5. What is bringing you joy right now?

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6. What are your short-term and long-term goals? Map out all of the things you need to do to reach your goals.

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7. What are your values and why are they important to you?

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8. What do you want people to remember about you?

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9. If you could change ONE thing about yourself, what would you change? Why?

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10. What experience hurt you in the past? What lesson can you learn from this experience?

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11. What inspires you?

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12. What is the biggest life lesson you’ve learned to date? How has it impacted your life?

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13. What is the nicest thing someone has ever done for you or said to you? Why did this mean so much?

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14. What makes you feel angry?

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15. What makes you feel anxious? How can you help yourself feel calmer?

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16. What makes you feel fulfilled?

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17. What was something positive you experienced recently?

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18. What would you do if you weren’t afraid?

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19. What’s your biggest regret? What have you done to make amends?

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20. Who would you like to have a stronger relationship with? What would help you have that relationship?

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21. What is one thing that you’re struggling with right now?

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22. What are some coping mechanisms that you use to deal with difficult emotions?

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23. What are some things you can do to improve your mental wellbeing?

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24. What are some things that motivate you?

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25. What are some things that make you anxious? What are some things that help you cope?

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26. What does “living life to the fullest” mean to you?


27. Write about a time when you overcame a challenge. What did you learn from the experience?


28. Write about a time when you felt proud of yourself. What did you do?


29. Write about a time when you felt supported by others. Who was there for you?


30. Check in with yourself – how are you feeling today?


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