



# JOURNAL PROMPTS FOR 31- DAYS

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1. Your top priorities
2. Something you are excited about and looking forward to
3. Your favourite hobby
4. List your best qualities
5. Describe where you are now
6. One quality that you want to improve on
7. What are you afraid of?
8. Three things you love about your life
9. What inspires you
10. What is your big dream?
11. Something you are currently working on
12. How do you procrastinate?
13. What are you grateful for?
14. One small step you can take towards your big dream
15. What bad habits do you have
16. Write down your travel bucket list
17. One good thing that happened today
18. The last good book you read
19. Who do you admire the most?
20. What is your favourite app? Why is this your fav?
21. If you could change your name, would you? What name would you choose?
22. What is your favourite dish to cook?
23. The lyrics of your favourite song
24. What do you need
25. Describe yourself in 10 words
26. One thing you can do to make tomorrow better
27. List your favourite blogs (we hope MJV is included 😊)
28. A quote that inspires you
29. One thing you would like to see
30. Something new to try
31. Describe the month that is ending in one word