



AUGUST JOURNAL PROMPTS

How does August's energy feel to you?

What does August mean to you?

What are you looking forward to this month?

Does August bring up any emotions you need to work through?

Describe the weather and how it makes you feel.

What books are you reading or will you read this month?

What are you craving in August?

Compare this August to last August. You can compare what you did to what you're doing, how you felt to how you're feeling, or any aspect of the months that feel similar or dissimilar.

Summer is ending. How does this look, taste, sound, feel?

What are you looking forward to in the fall?

How can you present, right this second?

How has your spiritual self been tested this month?

How has your spiritual self grown this month?

What happened today?

Take three deep breaths in and out. Once your breath settles, let the words flow.

How are you treating your body this month?

How are you treating your body this month? What have you done well? What does your body need to feel better?

What is a favorite quote of yours, and why?

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How are you feeling about social media this month?

Think of a time you've been influenced, for the better or the worse. How did that happen? Unpack your feelings around "influence."

Write down three things that you can always come back to when you need to be present.

What does "I AM," mean to you?

What does your body want from you?

What is a favorite mantra of yours?

Write about an animal you love.

What person has been important to you in August?

What three things are you grateful for right this second?

Have you nurtured your spiritual self in August?

How have you connected with your community this month?

What are you learning?

Has journaling been hard for you, or does it come easy? How does journaling make you feel?

As the month comes to a close, describe how August felt.



AUGUST AFFIRMATIONS



Here's how I will apply these affirmations to my life:

Create your own affirmations here:

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