



# SEPTEMBER JOURNAL PROMPTS

How does September's energy feel to you?

What does September mean to you?

What will the beginning of fall bring to your life?

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

The season is changing. How will you change with it?

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

What can you release? How can you remind yourself that you have released this when it returns?

Compare this September to last September. 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.

What is your favorite thing to eat right now?

How would it feel to take a break from social media?

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.

Have you given love to your home this month? What have you done to make it feel special?

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

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What is something positive you've seen in the media lately?

How can you focus on what brings people together, rather than on what tears people apart?

What is an affirmation that is meaningful to you? When do you use it?

Give examples of when you've felt loved.

Give examples of when you've loved others.

Now that some time has passed, what was something that happened in August that was impactful?

Who has helped you this month?

How can you be content, just the way you are?

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?

How can you be open to receiving more money?

How did September feel?





# SEPTEMBER AFFIRMATIONS

**Seasons  
change. I  
can too.**

**I am worthy  
of making  
money.**

**I radiate  
peace.**

**I am  
surrounded  
by support.**

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

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Create your own affirmations here:

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