

# JUNE JOURNAL PROMPTS

- What does June's energy feel like to you?
- How do you feel about the changing season?
- How did May feel?
- Does June bring up any emotions for you that you need to work through?
- What is bringing you joy right now?
- What is not bringing you joy? Can you release it?
- How can you support your community this month?
- Write down three things you're grateful for today.
- What is something you're really good at?
- What's a new idea you've had lately?
- How are you treating your body lately? How is it responding?
- What is your favorite summer memory?
- How has journaling helped you grow?
- What's your favorite flower? Why?
- Compare this June to last June. What has changed? What has stayed the same?
- Think of something you believe passionately. Is there another side to the issue that you can explore?
- Just start writing. Fill up a page. Don't use any guidelines...just start and see what flows.
- What is a ritual that you love?
- Describe the last dream you remember.

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- Ask your inner voice what it wants to do today. What does it say?
- Who has tested you lately? How did you respond?
- What is the weather like today? How is it making you feel?
- Pick a friend you really admire. What is it you love about them? Tell them!
- How are you inspired by nature?
- What book are you reading?
- If you could give your younger self advice, what would it be? How can you show your younger self love and compassion?
- How can you show your current self love and compassion?
- Do you like your current living space? How can you freshen it up?
- If you could choose any era to be alive (or visit), when would it be?
- How can you remind yourself that you are capable, you are present, and you are enough?
- What is something you're looking forward to in July?

# JUNE AFFIRMATIONS

**I am free.**

**I can change  
with the  
seasons.**

**I make a  
difference in  
this world.**

**I accept all  
abundance  
into my  
life.**

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

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Create your own affirmations here:

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# JUNE JOURNALING

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# JUNE JOURNALING

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.