



JULY JOURNAL PROMPTS

What does July's energy feel like to you?

What does this time of year mean to you?

How did June feel?

Does July bring up any emotions for you that you need to work through?

How are you finding joy in nature?

How are you finding joy within yourself?

What is a lesson you have learned this year?

Write down three things you're grateful for today.

If you wrote a book about your life, what would the title be?

You're in a field surrounded by flowers. What kind are they?

How can you love your body today?

What is the best vacation you've ever taken?

When is the last time you told someone you love them?

Write about a book you're reading or a show you're watching.

Compare this July to last July. What has changed? What has stayed the same?

Ask your body what food it wants. What does it say?

Ask your body what exercise it wants. What does it say?

What is the last thing that inspired you?

What do you love about water?

Ask your highest self to guide your writing, and then write a letter to yourself.



JULY JOURNAL PROMPTS

Do you meditate? Why or why not?

Start a page in your journal where you collect meaningful quotes.

How can you show gratitude to your living space?

What is something you want to improve in yourself?

Write down three things you love about yourself and would never, ever change.

What gives you life?

How can you celebrate summer?

List all the things you love about a pet (or any animal you've known).

What is your favorite color right now?

What is something you love to wear?

What are you looking forward to in August?

JULY AFFIRMATIONS

Love is all
around me.

I am
creative.

Think bigger!

I am
capable of
working
through
fear.

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

Create your own affirmations here:



JULY JOURNALING
