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JOURNAL PROMPTS

FROM CARRIEELLE.COM



PROMPTS

PRINTABLE JOURNALING PAGES

AFFIRMATIONS

WELCOME!



Welcome! I hope you love this collection of journal prompts. I've also included affirmations and printable journaling pages for every month.

A couple quick notes about journaling:

There is no right or wrong way to journal. You may find yourself journaling for pages and pages on one prompt, and only writing down a word or a short sentence for another. That's totally okay! This is your journal, and your journey.

Some of these prompts have a spiritual feel. That's because for me, journaling is a spiritual practice. However, if that word doesn't resonate with you just replace anything of that nature with "highest self" – that is really what we are all working towards here.

I recommend incorporating a gratitude practice into your journaling practice. All you need to do is write down one thing you're grateful for each day (although you can certainly write down as many as feels right).

Now - let's get journaling!

Carrie Lindsey

author, book addict, horse girl



www.CarrieElle.com

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graphics contained in this eBook for any purpose.



JANUARY JOURNAL PROMPTS

- What energy are you bringing to the next year?
- How would you describe the last year?
- What is a mantra you can live by this month?
- Write down three affirmations that feel relevant to your life right now.
- How can you freshen up your living space? Is there any energy you can clear?
- What is your body telling you lately? How are you listening and answering your body's messages?
- Who is important in your life right now?
- What is something you've read recently that you loved?
- How can you remind yourself to be present, right this second? How can you take that with you into your busiest and most stressful days?
- What do you really want to do?
- How do you express love to others?
- What does abundance mean to you?
- How are you feeling right now? How would that look if it were a color?
- Write down three things you're grateful for today.
- What is something you've always wanted to do? Is there a reason you haven't done it yet?
- Compare this January to last January. What has changed? What has stayed the same?
- What is something positive you've seen in the media lately?
- When you disagree with someone and feel tested, how can you step back and find your commonality?



JANUARY JOURNAL PROMPTS

- How have you nurtured your spirit this month?
- Does this time of year bring up any emotions you need to work through?
- How can you accept all of your feelings and emotions with gratitude and love?
- Compare this January to last January. 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 way have you experienced spirit lately? If you don't want to use the word spirit, you can use it interchangeable with love, peace, or understanding.
- When is the last time you took time off from social media? How did it feel? When are you planning on taking another social media break?
- What is something you want to change?
- Take three deep breaths in and out. Once your breath settles, let the words flow.
- What happened today?
- How do you connect with your highest self?
- Describe in detail a dream you recently had.
- How did January feel?





JANUARY AFFIRMATIONS

**I
am
love.**

**I
am
capable.**

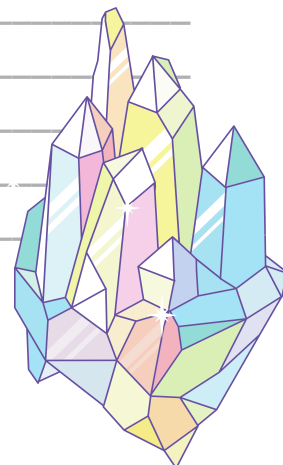
**I live in
abundance
& gratitude.**

**I
am
present.**

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

Create your own affirmations here:

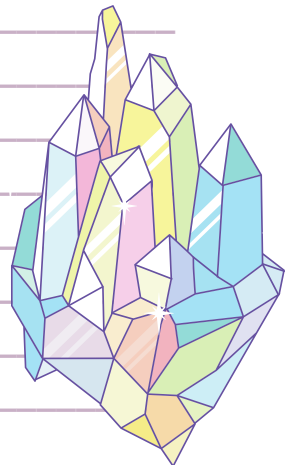
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JANUARY JOURNALING

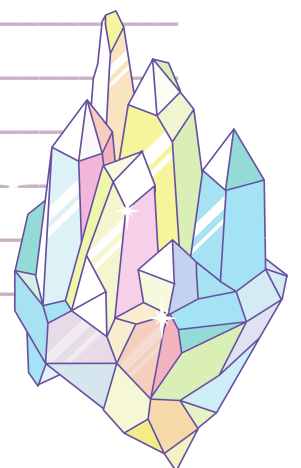
Prompt:





JANUARY JOURNALING

Blank lined paper for writing.





FEBRUARY JOURNAL PROMPTS

How's it going?

What's something you're excited to do this month? Why are you excited?

How did January go?

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

How can you love more this month?

How have you loved yourself lately?

What would you like to be more consistent with?

Write down three things you are grateful for. As you write these things down, imagine gratitude flowing from you to these things.

What does your body want from you? Is it exercise, more water, more sleep?

What did you dream about last night? If you don't remember, what is a recent dream that you do remember?

What do you think of when you hear your favorite song?

Think about the most stressful part of your day. How can you make that experience more enjoyable, or relieve some of the stress surrounding it?

What happened today?

How can you put more love into the world today?

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

Think about an issue that is important to you. Now think about your opinion on the issue. Now imagine this...what if you're wrong?



FEBRUARY JOURNAL PROMPTS

- How can you bring yourself back to the present when you need to?
- What are you really loving to eat this month?
- What's an excuse you like to make? How can you stop making that excuse?
- How can you better serve your community?
- How can you better serve yourself?
- What can you do to clean up your social media feeds?
- Ask your Highest Self for a positive message. What is the first thing it says to you?
- How have you connected with nature lately?
- Just write. Don't judge what comes out. Just let it flow.
- Do you meditate? How do you feel when you meditate? if you haven't tried it before, what is stopping you?
- What went well today?
- How did February feel?



FEBRUARY AFFIRMATIONS

I am.

**I am
surrounded
by love.**

I am strong.

**I am
supported
and loved.**

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

Create your own affirmations here:

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FEBRUARY JOURNALING

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FEBRUARY JOURNALING

[illegible]



- ☐ What does March's energy feel like to you?
- ☐ What's something you can refresh this month?
- ☐ How did February go?
- ☐ Does March bring up any emotions for you that you need to work through?
- ☐ What's something new you can try this month?
- ☐ What does spring feel like to you?
- ☐ How can you bring more color to your life?
- ☐ What is your favorite way to connect with nature?
- ☐ What did you do today?
- ☐ What is something someone said to you lately that stirred up emotions (positive or negative)?
- ☐ When is the last time you took a break from social media?
- ☐ When the world feels heavy, how can you find your center and peace within yourself?
- ☐ How can you serve others?
- ☐ What is your favorite thing to do these days?
- ☐ Compare this March to last March. What has changed? What has stayed the same?
- ☐ What is something you're excited about?
- ☐ How do you remember or celebrate your heritage?
- ☐ How can you create peace in your world?
- ☐ What little things in life bring you joy?



- What is the last dream you remember? Write about it in detail.
- What did you eat for breakfast?
- What does your body need today?
- How do you stay inspired?
- What does your soul want to create more than anything?
- Write a short note to a friend. Then send it!
- Ask your Highest Self for a positive message. What is the first thing it says to you?
- What are you reading right now? If you're not reading anything, what is something you want to read?
- Just write. Don't judge what comes out. Just let it flow.
- What is something beautiful that happened this month?
- How can you be more open to receiving abundance?
- What is something you're looking forward to in April?






MARCH AFFIRMATIONS



**I am excited
about the
future.**



**I bring
peace into
the world.**



**My Highest
Self knows
what is best
for me.**



**I am
creative.**

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

Create your own affirmations here:

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MARCH JOURNALING

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MARCH JOURNALING



A series of horizontal lines for journaling, organized into two sections. The first section consists of 10 lines, and the second section consists of 10 lines. The lines are evenly spaced and extend across the width of the page.





APRIL JOURNAL PROMPTS

What does April's energy feel like to you?

How does today's weather make you feel?

How did March go?

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

How can you spend more time in nature this month?

What is something you're doing right now that you really love?

How can you better serve your community?

How can you better serve yourself?

Who are you spending a lot of time with lately?

What is something you've seen lately that has impacted you, for better or for worse?

How do you know when it's time to rest your body, mind, and spirit?

Write about your day. What did you do, where did you go, who did you talk to, etc.?

How can you spread love to those around you?

What is your favorite thing to eat these days?

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

How do you like to connect with your spirit?

What is the best thing you've read lately?

Do you have any rituals?

Write down three things you are grateful for today.



APRIL JOURNAL PROMPTS

How can you connect with your body?

Write someone a letter.

What have you created lately? Or, what do you want to create?

Who inspires you?

What is a podcast you've enjoyed lately?

How can you present, right this second?

Ask your Highest Self for a positive message. What is the first thing it says to you?

Who can you celebrate this month? Does someone you know have a birthday or special day coming up?

What kind of movement does your body crave?

Describe the scenery around you.

What does abundance mean to you?

Where is your favorite place in the world?

What is something you're looking forward to in May?





APRIL AFFIRMATIONS

**I have
everything
that I need.**

**I am
capable.**

**I am
surrounded
by love and
support.**

I am.

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

Create your own affirmations here:



APRIL JOURNALING

[illegible]



APRIL JOURNALING



MAY JOURNAL PROMPTS

- What does May's energy feel like to you?
- How can you step into your power this month?
- How did April feel?
- Does May bring up any emotions for you that you need to work through?
- How can you open more doors in your life?
- What is something you've learned recently?
- How can you serve others?
- Write down three things you're grateful for today.
- How can you let your creativity shine?
- How can you bring yourself back to present when you're feeling overwhelmed or burdened by anxiety?
- What's something nice you've done for your body lately?
- What is something you love about your job? If you're not working, what is something you love about not working?
- What is the greatest gift you've ever received?
- What is a podcast you really like? What do you like about it?
- Compare this May to last May. What has changed? What has stayed the same?
- What is something that is hard for you to do? Is there a way to make it easier?
- What are you reading right now?
- How do you start your day? Is this serving you, or would you like to change it?
- How have you been sleeping lately?

MAY JOURNAL PROMPTS

Write about a dream that has been sticking with you.

If you could do anything in the world, what would it be? What's stopping you?

Write a thank you letter to your parents. Send it, or keep it to yourself.

How have you been inspired lately?

Who is your community?

Describe your perfect weekend.

What is something that someone told you once that stuck with you? Who was it that told you?

What is something you're working on right now and excited about?

How can you spend time in nature this week?

What is your evening routine like? Is it serving you?

How can you remind yourself that you are capable, you are present, and you are enough?

Describe love.

What is something you're looking forward to in June?



MAY AFFIRMATIONS

I am joy.

**I will step
into my
power this
month.**

I am strong.

**My body is
strong.**

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

Create your own affirmations here:

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MAY JOURNALING

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MAY JOURNALING

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a unicorn's head, facing left. The unicorn has a light-colored coat, a dark eye, and a single horn pointing upwards and slightly to the left.

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.

JUNE JOURNAL PROMPTS

- 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:

Create your own affirmations here:

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JUNE JOURNALING

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JUNE JOURNALING

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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:

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A vibrant field of sunflowers under a bright sky, with a yellow banner across the middle containing the text "JULY JOURNALING". The sunflowers are in full bloom, with bright yellow petals and dark brown centers. The background is a clear blue sky with some light clouds. The overall mood is cheerful and summery.

JULY 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.



JULY JOURNALING

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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?

AUGUST JOURNAL PROMPTS

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

**I am in
charge of
my energy.**

**I have
everything
that I need.**

**I am
LOVE.**

**I am
capable.**

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

Create your own affirmations here:

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AUGUST JOURNALING

Date: _____ Prompt: _____

Date: _____ Prompt: _____

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AUGUST JOURNALING

A decorative floral border at the bottom of the page. It features stylized teal leaves and a central pink flower with a yellow center. The text "CarrieElle.com" is written in a black, serif font across the middle of the floral design.



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?



SEPTEMBER JOURNAL PROMPTS

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:

Create your own affirmations here:

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SEPTEMBER JOURNALING

Date: _____ Prompt: _____

Date: _____ Prompt: _____

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OCTOBER JOURNAL PROMPTS

How does October's energy feel to you?

What does October mean to you?

You are now in the final quarter of the year. How does that feel?

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

What is special about this month?

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

What can you release? How can you remind yourself that you've released this when it returns? Is this something new, or something you've been working on?

Compare this October to last October. 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 are you loving right now?

Are you watching the news? Is this serving you?

How can you be present, right this second?

What is something new you'd like to learn?

How have you grown spiritually?

How was today?

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

What earthly delights can you never get enough of?

Who inspires you?

What is something nice that happened to you recently?

OCTOBER JOURNAL PROMPTS

How can you connect with someone you disagree with?

What is an affirmation that is meaningful to you? How and when do you use it?

What is something you're grateful for?

Instead of journaling today, write a note to someone you care about and deliver it to them.

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

Who has helped you this month?

How do you communicate with your higher self?

Describe the perfect morning. Can you recreate any of that in your daily routine?

What is magic?

What does abundance mean to you?

How have you connected with your community this month?

Write about your week using stream of consciousness. Just let it flow. Then read it back and see if there are any surprises or messages in your writing.

How was October for you?



OCTOBER AFFIRMATIONS

**I am
enough.**

**I find the
love in
everyone.**

**My Highest
Self is
always with
me.**

**Small
changes =
big
changes.**

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

Create your own affirmations here:

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CarrieElle.com



NOVEMBER JOURNAL PROMPTS

How does November's energy feel to you?

What does November mean to you?

How can you remember to practice gratitude every day?

What is something new you can work on this month?

What feelings does November bring up for you?

Write a letter to someone you are grateful for. You can send it, or just keep it in your journal.

What is your favorite show ever? What is it about that show that you love so much?

What is the last book you read? What did you take away from it?

Share a quote that resonates with you right now.

What future event can you prepare for now?

Think of something you wish was different in this world. How can you positively be that change in the world?

What is something you have in common with a person you disagree with?

How can you support a family member this month?

What is your love language?

What is something you've always wanted to learn?

What is something you've always been interested in, even though you have no desire to do it yourself?

What is your favorite article of clothing? Why is it your favorite?

How can you share more love on this planet?

NOVEMBER JOURNAL PROMPTS

Write about a dream you've had recently. Unpack it.

What makes you feel settled?

Write down three things you're grateful for right now.

How can better serve your community?

Now that some time has passed, what is something that happened in October that was meaningful?

Write down three affirmations.

How has your life changed in this last year?

How have you grown spiritually this month? Does this area of your life feel strong, or is it something you can work on?

What makes you feel grounded and centered? How can you bring more of this into your life, or access it at any time?

Is any part of you in pain? Acknowledge it.

How will you be better today (or tomorrow, if you're journaling before bed)?



NOVEMBER AFFIRMATIONS

**I can make
the world
better.**

**I am living
in love.**

**I live in a
state of
gratitude.**

**Everything
that is
available is
available to
me.**

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

Create your own affirmations here:



NOVEMBER JOURNALING

Date:

Prompt:

This image shows a blank sheet of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, artistic illustration of a fox standing next to some stylized trees or bushes. The fox is depicted in a light brown or tan color, facing left. The trees and bushes are drawn in a simple, sketchy style with green foliage. The overall appearance is that of a clean, unused notebook page.

NOVEMBER JOURNALING

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DECEMBER JOURNAL PROMPTS



- How does December's energy feel to you?
- Does December bring up any issues for you?
- How can you go deep within this month?
- How can you share your light with the people around you?
- How can you send love to everyone, even people you've never met?
- What is your current favorite thing to eat?
- Who can you talk to when you need someone to listen?
- What are you grateful for today?
- How does your family make you feel?
- What is something powerful you've read lately?
- What do you love to do the very most?
- How can you respond to someone you disagree with from a place of love and compassion?
- When is the last time you tried something new?
- If you could be anywhere in the world right now, where would it be?
- What is something you can do to practice presence the next time you feel anxious or worried?
- What can you do to show your home that you love it?
- What can you do to show your body that you love it?
- Write down three affirmations that feel meaningful to you, right now.
- When is the last time you felt entirely at peace?

DECEMBER JOURNAL PROMPTS

Who can you forgive? How does the idea of forgiveness feel?

How can you receive love from yourself and those around you?

What book are you reading right now (or what book did you most recently finish)?

Write about your day today.

What way have you experienced spirit lately? If you don't want to use the word spirit, you can use it interchangeable with love, peace, or understanding.

What is something magical that has happened to you this month?

Do you feel lonely?

When you feel lonely, how can you connect with others?

When you feel joy, how can you spread that joy to others?

When you feel sad, how can you acknowledge and honor that feeling?

When you are having a low-energy day, how can you use that feeling to reset and recharge?

What wonderful things await you in the future?



DECEMBER AFFIRMATIONS

**I am
surrounded
by magic.**

**I am not
afraid to go
deep.**

**I project
love.**

**I have the
answers I
need inside
of me.**

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

Create your own affirmations here:

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DECEMBER JOURNALING

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DECEMBER JOURNALING

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