



10 Journal Prompts to Start a New Month

1. MONTHLY GOALS

What are your top three goals for this month and why did you choose them?

2. ACHIEVEMENTS

What were your three biggest achievements last month? What impact did they have on you?

3. REFLECTION

What lessons did you learn last month? How can you apply that knowledge this month?

4. HABITS

What habits would you like to start or stop this month? How will you benefit from the changes?

5. CHALLENGES

What challenges do you foresee this month? What will you do to prepare for them?

6. GRATITUDE

What are you grateful for this month? What can you do to practice gratitude more often?

7. PERSONAL GROWTH

In what areas would you like to improve this month? Why are these changes important to you?

8. RELATIONSHIPS

How can you strengthen your relationships this month? Which relationships are a priority?

9. WELLNESS

What three health and wellness activities are you willing to commit to this month?

10. LEARNING

What skill or knowledge would you like to learn this month? How will that knowledge help you?