

November Journal Prompts

- Day 1:** 10 things I'm grateful for right now...
- Day 2:** 5 goals I'd like to accomplish by the end of this month...
- Day 3:** The biggest mistake I made this week and what I learned...
- Day 4:** On a scale of 1-10 my mental health is at a...today because...
- Day 5:** 3 things I'd do if I wasn't afraid...
- Day 6:** Today my favorite quote is...because...
- Day 7:** 5 words I'd use to describe myself are...because
- Day 8:** Write about where you were this time last year and what you've learned since then.
- Day 9:** One thing outside of my control that I need to stop worrying about is...
- Day 10:** One recipe I'd like to attempt to make this month...
- Day 11:** The best advice I've ever received is...
- Day 12:** A bad habit I'd like to start getting rid of is...
- Day 13:** My prayer for the day is...
- Day 14:** Take a social media break for the day and journal your experience.
- Day 15:** My life mission in one sentence would be...
- Day 16:** A letter of encouragement to myself on a really bad day...
- Day 17:** Write about an experience that changed your outlook on life.
- Day 18:** Write about 3 people you're thankful today for and why.
- Day 19:** I can take better care of myself this week by...
- Day 20:** Today my favorite bible verse is... because...
- Day 21:** An area where I need to trust God more is...
- Day 22:** 5 core beliefs that guide my life are...
- Day 23:** Write about 3 qualities of someone you admire.
- Day 24:** 5 things I'm thankful for on this Thanksgiving day...
- Day 25:** On a scale of 1-10 I think my physical health is at a...because...
- Day 26:** Write a letter of forgiveness toward someone who has hurt you.
- Day 27:** Free write the thoughts floating through your mind today. Don't edit, erase, or overthink. Just write what's in your mind.
- Day 28:** 3 ways I can be more selfless are...
- Day 29:** Write about something you did really well this week and something you could've done better.
- Day 30:** List your highs and lows of this month and a good habit you'd like to start.