

June Journal Prompts

- Day 1:** 5 new things I want to experience this summer are...
- Day 2:** If you had the courage to make one decision that would change your entire life for better starting now, what would it be?
- Day 3:** Write about an experience that challenged you but also helped you grow.
- Day 4:** On a scale of 1-5 how much of what you do is based on the approval of others? Why did you give yourself this score? Give an example.
- Day 5:** If you had a month to live, what would matter most to you this month? How does this compare to the way you've been living your life today?
- Day 6:** Make a list of all of your small victories this week.
- Day 7:** Is it better to risk failure knowing you tried or not risk at all? Why?
- Day 8:** How has your upbringing effected how you make decisions involving risk?
- Day 9:** On a scale of 1-10, how difficult is it for you to adapt to change? Explain.
- Day 10:** Is your sense of security more based on your control or God's sovereignty? How has this effected how you make decisions and deal with change ?
- Day 11:** Write about 3 people you trust to help you navigate a risky decision.
- Day 12:** Do you view mistakes as an essential part of life or to be totally avoided?
- Day 13:** Much therapeutic evidence has found that we become more equipped to face our fears by gradually exposing ourself to them. Thoughts?
- Day 14:** Make a list of the things you need to let go of and give to God right now.
- Day 15:** Write about your thoughts on an example of someone in the Bible who stepped out in faith when they had every logical reason to fear?
- Day 16:** Write about a time you stepped out on faith and what the results were.
- Day 17:** Write about someone who you see stepping out on faith today.
- Day 18:** If your fears had a voice, what do they usually say to hold you back?
- Day 19:** What would you like to say back to the voice of your fears?
- Day 20:** The rest of this month I will take better care of myself by...
- Day 21:** How do you typically react in times of uncertainty? How can you do better?
- Day 22:** How does anxiety center on us while faith centers on God?
- Day 23:** Write about an inspiring quote you read this week & what it meant to you.
- Day 24:** Give 5 examples of how you can be more present this week.
- Day 25:** Write about 3 things you'd like to take the time to learn and why.
- Day 26:** Do you tend to see challenges as obstacles or opportunities to grow?
- Day 27:** Write about a time you accomplished something that seemed impossible.
- Day 28:** Write about what your ideal day would look like. Make time for this day.
- Day 29:** Write about an experience that grew you this month.
- Day 30:** We're halfway through the year! What would you change going forward?