

# July Journal Prompts

- Day 1:** 3 types of reoccurring thoughts I'd like to give up this month are...
- Day 2:** How would you change if you stopped believing one of these 3 thoughts?
- Day 3:** On a scale of 1-5 how would you rate your thought-discipline life; the ability to regulate, reflect and set boundaries with your inner self-talk? Why did you give yourself this score?
- Day 4:** How important do you believe having thought-discipline is? Explain.
- Day 5:** Do you believe we live in a culture that promotes being emotionally led? How does this compare to God's word?
- Day 6:** Explain: Which one do you often lean toward? (Continuing from Day 4)
- Day 7:** What are some signs or ways you can tell you're mentally backsliding?
- Day 8:** List 5 core beliefs you deeply believe to be true about yourself and why.
- Day 9:** Write about the experiences where you believe each core belief may have originated from or has been affirmed.
- Day 10:** Who is a major person/people who have contributed to your self-view?
- Day 11:** What is the difference between knowing and believing God's word?
- Day 12:** Lately through life, do you tend to *know* or *believe* God's word? Explain.
- Day 13:** What is a worldly belief, thinking or attitude God is calling you to give up?
- Day 14:** How does humility play a role in letting the Spirit renew your thoughts and attitudes (Ephesians 4:23-25)?
- Day 15:** Note 1 thing to give up for 48 hours that's negatively affecting your mind.
- Day 16:** How does John 15:5 relate to the process of renewing your mind?
- Day 17:** Journal about your experience ever since you've given up that one thing.
- Day 18:** What are some practices that help keep your mind rooted in Christ?
- Day 19:** How have you been doing with these practices this week? Explain.
- Day 20:** Morning Gratitude: List 10 things you're grateful for today.
- Day 21:** Write about an area of your life where you'd like to strengthen your faith.
- Day 22:** What doubts may you have believed in this area of your life? (See day 21)
- Day 23:** In this season, I believe God is trying to teach me...
- Day 24:** Today I choose to stop believing...
- Day 25:** Today I choose to start believing...
- Day 26:** Reflect and list the things that negatively trigger your state of mind.
- Day 27:** Reflect and list the things that positively add to your state of mind.
- Day 28:** Describe an ideal morning routine that will get your mind started off right.
- Day 29:** Share the high and low moments of your mental state this week.
- Day 30:** Instead of giving into negative and intrusive thoughts I choose to...
- Day 31:** Share something you learned about yourself through this month's writing.