

October Journal Prompts

- Day 1:** 5 of my major goals this month are...
- Day 2:** 7 things I want to do this fall...
- Day 3:** 3 things I need to trust God for today...
- Day 4:** My top 7 priorities (in order) are... Explain how you're doing with each...
- Day 5:** 6 ways I can show loved ones I appreciate them this week...
- Day 6:** 4 words that describe this time of year for me and why...
- Day 7:** 3 things I wish I'd done differently this week...
- Day 8:** 6 things I'd like to pray for today are...
- Day 9:** 3 ways I can take better care of my mental health are...
- Day 10:** 3 practical ways I can take better care of my physical health are...
- Day 11:** 7 things I believe a fulfilling life includes are...
- Day 12:** 10 rules or standards I live by are...
- Day 13:** 2 areas of my life where I'd like to see improvement are... Explain why and list ways you can start improve.
- Day 14:** 3 things I did well this week are...
- Day 15:** 7 things I own that I could live without are...
- Day 16:** 4 times God helped delivered me through something that seemed impossible to get out of...
- Day 17:** 10 reasons I love the Lord...
- Day 18:** 3 of my happiest memories are...
- Day 19:** 3 experiences that deeply changed my life are...Explain.
- Day 20:** 3 of the most powerful encounters I've had with God were...
- Day 21:** 10 words that describe me are...Explain each.
- Day 22:** 7 words that describe my upbringing are... Explain each.
- Day 23:** 6 of the most important characteristics a person can have are...
- Day 24:** 5 words that describe this year so far are... Explain each.
- Day 25:** 5 words I hope will describe the rest of the year are... Explain.
- Day 26:** 9 people I appreciate who have contributed to my life are... Explain how for each person.
- Day 27:** 4 things I did this year that I wish I'd done differently are...
- Day 28:** 10 things that help elevate my mood during hard times...
- Day 29:** 5 things I'd love to learn how to do (or do better)...
- Day 30:** 8 things I'm grateful for in my life right now are...
- Day 31:** 9 words I hope describe the person I am becoming in the future are...