

# September Journal Prompts

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- Day 1:** If you were to describe yourself in 10 words, what would they be and why?
- Day 2:** Who is an example you look to as a model in life and why?
- Day 3:** In 2-3 sentences create your personal life mission statement.
- Day 4:** List 3 causes you are passionate about in this world and why.
- Day 5:** Pick one story or event you read about in the news or online and journal your own thoughts about it.
- Day 6:** Who are the five closest, most influential people in your life. Explain how.
- Day 7:** What do you believe are 5 of the most important qualities a relationship must have in order to be healthy? Explain. *Does not have to be romantic.*
- Day 8:** What are some ways your upbringing may have shaped who you are today?
- Day 9:** What is your testimony? What did your journey look like in coming to Christ?  
How have you changed and what areas of your faith do you hope to grow in?
- Day 10:** What are 7 convictions you try to live your life by.
- Day 11:** What hinders you? What inspires you?
- Day 12:** What or who are your top 5 priorities in life and how can you do better at implementing them into this week?
- Day 13:** When do you believe it's appropriate to confront someone and when to let things go. Give an example. What does healthy confrontation look like?
- Day 14:** List 7 activities/moments that make you feel most fulfilled in life.
- Day 15:** Write about a bad choice you've made that you've learned to never repeat.
- Day 16:** 1-10 how confident do you feel about communicating your thoughts. Explain.
- Day 17:** 5 short term goals I'd like to accomplish by the end of this year are...
- Day 18:** 5 long term goals I'd like to accomplish within 5-10 years are...
- Day 19:** 10 of my favorite places to go are...
- Day 20:** If you had a completely free 24 hours what would a perfect day look like.
- Day 21:** Write about a significant experience that has shaped a view that you hold.
- Day 22:** One of my most meaningful memories is...
- Day 23:** As I grow older I would like to be a woman/man who...
- Day 24:** Share a quote/verse/lyric that expresses a value you live by and explain.
- Day 25:** What is something you would like to learn or grow better in and why?
- Day 26:** Something I know now that would've been helpful a year ago is...
- Day 27:** A natural skill or ability I believe God has given me is...
- Day 28:** At what time of the day are you most productive? Give an example.
- Day 29:** Something I need to let go of in order to live the life I'm called to is...
- Day 30:** Something I need to start doing in order to live the life I'm called to is...