

# **120 Monthly Journal Prompts for Every Season** **and Holiday**

## **Q1: The Season of Renewal (Winter into Spring)**

### **January Journal Prompts: The Fresh Start**

1. What is the overarching "theme" for my \_\_\_\_\_ (e.g. 2026)?
2. What is one habit I am leaving behind in \_\_\_\_\_ (e.g.2025) for good?
3. How can I protect my peace during the "January blues"?
4. What does a successful year look like to me by next December?
5. Write down three "micro-goals" for this month.
6. How do I want to feel in my body by the end of this winter?
7. What is my "word of the year"?
8. How can I romanticize the cold weather today?
9. What is a skill I want to master by mid-year?
10. Describe the most "restored" version of yourself.

### **February Journal Prompts: Love & Boundaries**

11. How do I practice "self-love" that isn't just consumerism?
12. What are the current boundaries in my closest relationship?
13. What is a "platonic love" I am incredibly grateful for?
14. How can I show more compassion to my inner critic this month?
15. What does "heart-centered living" mean to me?
16. Write a "love letter" to a part of yourself you usually judge.
17. What are three small things that bring me joy in the dead of winter?
18. How do I handle feelings of loneliness?
19. What is a childhood hobby I want to revisit?
20. Describe your ideal "cozy" day.

## **March Journal Prompts: Spring Awakening**

21. What "seeds" am I planting in my career or personal life right now?
22. Where do I see signs of growth in my mental health?
23. What is one thing I need to "spring clean" from my mind?
24. How does the increasing daylight change my mood?
25. What is a "lucky" break I've had recently?
26. Write about a transition in your life that felt difficult but led to something beautiful.
27. What am I currently "blooming" into?
28. How can I spend more time in nature this week?
29. What is one thing I want to "un-learn" this spring?
30. What does "balance" feel like during a change of season?

## **Q2: The Season of Expansion (Spring into Summer)**

### **April Journal Prompts: Growth & Resilience**

31. How do I handle "rainy days" (emotional or literal)?
32. What is a goal that is currently in the "sprouting" phase?
33. How can I be more patient with my own progress?
34. What are the "weeds" (negative habits) I need to pull this month?
35. Write about a time you showed extreme resilience.
36. What is the most beautiful thing I've seen outdoors this week?
37. How can I "nourish" my dreams today?
38. What does "renewal" look like in my daily routine?
39. What is a fear I am ready to let go of?
40. How can I be more present in the "messy" parts of growth?

### **May Journal Prompts: Mental Health & Flourishing**

41. What is the current state of my "internal garden"?
42. How do I prioritize my mental health when life gets busy?
43. What are three things that make me feel mentally "light"?
44. How can I show more appreciation for my body's capabilities?
45. What is a "bloom" (a success) I am currently celebrating?
46. Describe your relationship with rest vs. productivity.

47. What is one area where I am currently "expanding"?
48. How do I handle the pressure to always be "doing"?
49. What is a mantra that keeps me grounded this month?
50. Who is someone who helps me flourish?

### **June Journal Prompts: The Summer Solstice**

51. What does "maximum light" feel like in my life?
52. What is my mid-year "state of the union" check-in?
53. What are three "Summer Bucket List" items that are free?
54. How can I incorporate more "play" into my adult life?
55. Describe your favorite childhood summer memory.
56. What is a project I want to finish before the second half of the year?
57. How do I stay centered when social obligations increase?
58. What does "freedom" mean to me right now?
59. How can I celebrate the longest day of the year?
60. What is the one word I want to define my summer?

## **Q3: The Season of Harvest (Summer into Fall)**

### **July Journal Prompts: Vitality & Heat**

61. How am I fueling my energy this month?
62. What is a "adventure" I want to go on, even if it's local?
63. Describe the feeling of the sun on your skin in three sentences.
64. How do I practice "stillness" in a high-energy season?
65. What is one way I can be more adventurous with my food or hobbies?
66. Write about a time you felt completely "alive."
67. What is the "soundtrack" of my summer so far?
68. How do I handle the "heat" (stress) in my life?
69. What is a "vacation for the mind" I can take today?
70. What are you most grateful for in your physical environment?

### **August Journal Prompts: Transition & Preparation**

71. How can I savor the last "golden" days of summer?
72. What "harvest" am I reaping from my hard work earlier this year?

73. How do I feel about the "Back to School" energy as an adult?
74. What routines do I want to solidify before fall starts?
75. Write about a time you felt "ripe" with potential.
76. What is a lesson I've learned from nature this year?
77. How can I slow down the passage of time this week?
78. What am I currently "storing up" (knowledge, energy, funds)?
79. Describe the perfect late-summer evening.
80. What is one thing I want to "finish" before the equinox?

### September Journal Prompts: Grounding & Focus

81. What does "getting back to basics" look like for me?
82. How can I create a more "grounded" morning routine?
83. What is a "new beginning" I am sensing this month?
84. How do I handle the shift from light to dark?
85. What are three things I want to "re-focus" on?
86. Describe the feeling of the "first crisp day" of fall.
87. What is a book or topic I want to "study" this autumn?
88. How can I be more organized with my mental energy?
89. What is a boundary I need to re-establish this month?
90. What does "equilibrium" feel like to me?

## Q4: The Season of Introspection (Fall into Winter)

### October Journal Prompts: Shadow & Change

91. What parts of myself am I currently "releasing" (like falling leaves)?
92. How do I feel about the "darker" aspects of my personality?
93. What is a "fear" that is actually a teacher?
94. How can I romanticize the "cozy" and "spooky" vibes of October?
95. Write about a transformation you are currently undergoing.
96. What is a "mask" I wear that I am ready to take off?

97. How does the wind or the changing trees reflect my internal state?
98. What is a family "ancestor" or tradition I am thinking about?
99. How can I practice "deep listening" this month?
100. What is the most "magical" thing about my life right now?

### November Journal Prompts: Roots & Gratitude

101. What does "abundance" look like when I stop comparing myself to others?
102. List 10 "tiny" things I am grateful for today.
103. How can I honor my "roots" (family, history, past self)?
104. What does "community" mean to me this year?
105. Write a thank-you letter to someone who helped you in 2026.
106. How can I be more "hospitable" to my own difficult emotions?
107. What is a "harvest" I am sharing with others?
108. How do I stay grounded during the holiday rush?
109. What is a "comfort food" for my soul?
110. How can I practice "quiet gratitude" every morning?

### December Journal Prompts: Reflection & Closure

111. What was the most important lesson \_\_\_\_\_ (e.g.2026) taught me?
112. How have I changed since January 1st?
113. What is a "grief" or "loss" I am still processing from this year?
114. What is a "win" I am shouting from the rooftops?
115. How can I create more "stillness" during the busiest month?
116. What am I ready to "hibernate" (put to rest) for a while?
117. Describe the "light" you want to carry into \_\_\_\_\_ (e.g.2027).
118. What is a tradition I want to create for my future self?
119. Write a letter of closure to \_\_\_\_\_ (e.g.2026).
120. What is the one word that sums up my entire year?