



MAY JOURNAL
PROMPTS
2016

OVERVIEW

This month I have concentrated the prompts on gratitude. I think it is important to step back sometimes and remember all the things that you have in your life to be truly thankful for. Take the time this month to appreciate the small things in day to day life <3

Miss Rachel B

#missrachelbprompts

May Journal Prompts

1. Make a list of all the things that make you smile...
2. Write about the last time you belly laughed, like cheeks and belly hurting kind of laughing...
3. Make a list of all the things you are grateful for...
4. Write about the one thing you couldn't live without...why can't you live without it?
5. Make a list of all the things you love about yourself...
6. Make a list of things that make you...you!
7. Write about your happiness moment of your life in as much detail as you can.
8. Write about your best friend, why are they your best friend, what do you have in common etc.
9. Write a story about the grass always being greener on the other side! Do you always wish you had more or are you happy with what you have got...?
10. Write a story of an alternative universe...
11. Make a list of all the things you love about where you live...
12. Write about how it would feel to be a bird...
13. Write about a time someone said something really nice to you, what did they say? How did it make you feel?
14. Write about a time when you said something really nice to another, what did you say? How did it make you feel?
15. Do you enjoy getting compliments or giving compliments more? Explain why?
16. Write a list of colours...then describe how each colour makes you feel... What colour do you link a certain feeling with? For example, Red can mean passion or anger!
17. Write about your favourite food in detail and why you like it so much?
18. What is your favourite memory of your mother or other female role model?
19. What is your favourite memory of your father or other male role model?
20. What one thing are you most proud of having achieved in your life so far? Why do you feel it has special meaning?
21. What was the best decisions you have ever made in your life?
22. What has been the best present someone has ever given you and why?
23. Who has been the most interesting person you have ever met? What did you enjoy about the encounter?
24. What song fills you with the greatest sense of joy?
25. If there was one thing you could tell your past self, when that self was at a low point, what would it be?
26. Who is the person you have loved the most in your life?
27. Write a list of all your talents...
28. What aspects of yourself are you grateful for?
29. What season are you most grateful for and why?
30. Who in your life are you most grateful for?
31. What moment this month are you most grateful for?