



# JUNE JOURNAL PROMPTS

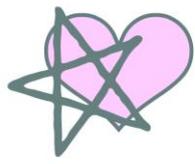
## 2016

### ABSTRACT

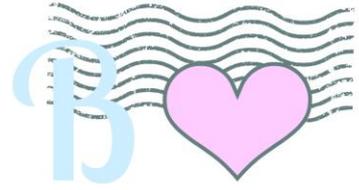
This month's journal prompts are designed to make you think about all your achievements, progress and good character traits you have. More often than not, people tend to concentrate on their failures and setbacks they experience rather than concentrating on how far they have evolved and how much of a good person they are. Take the time this month to really appreciate yourself. Love yourself for who you really are :)

By Miss Rachel B

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Miss Rachel



Here to Inspire You to Live A Creative Life

# June Journal Prompts

1. Take a while to sit and think about all the things you are good at, then write them down in your journal. You can keep coming back to add when you remember more things you are good at. *(We often concentrate way too much on what we are bad at, take time to remember the things you are good at, it will make you feel good).*
2. Write about a time that you handled a tough situation well. Write in detail what happened, how you dealt with it, what the outcome was and how you feel about the situation now.
3. Plan out your best day ever! But write it in the past tense...like it has already happened.
4. Write a love letter to yourself! Tell yourself what you're proud of, your best traits, what makes you special and unique etc.
5. Write about a time you give someone else a good piece of advice! Or...what piece of advice would you give to past self when you were in a tough situation?
6. Write about a time that you felt safe and protected. What was it that made you feel safe? What does feeling safe and protected mean to you?
7. What does success look like to you?
8. Write about a hard decision you had to make, but in the end turned out to be the right one.
9. Write a message that you want to share with the world.
10. Write a letter to someone that has had a big influence on your life, tell them how grateful you are. (This can be someone you have met or someone on TV or Internet etc. You don't have to send the letter)
11. Write about a goal you have reached and how you feel about it.
12. Write a list of self-care activities that you enjoy doing... When you are feeling down or upset, do one of the activities and write about how you felt afterwards.
13. Write about your family and your role within it.
14. What does the word 'love' mean to you?
15. What does the word 'respect' mean to you?
16. What does the word 'abundance' mean to you?

17. What does the word 'wealth' mean to you?
18. What does the word 'family' mean to you?
19. Write about a time that you were surprised. How did it make you feel? Do you like or dislike surprises?
20. Write about something you would like for you next birthday or write about the best present you have ever received.
21. Write about the person you talk to when you have a problem...Why, do you choose them, how do they help you? Write 'Thank you, Thank you, Thank you' at the end of this journal prompt.
22. Write about any beliefs you learnt about money while you were growing up? Do you still believe them now? If so, why? If not, what made you change your beliefs?
23. Write about a fear you would like to overcome, explore some strategies that you could use to conquer this fear and then implement them into your life...come back and reflect on those strategies.
24. Write about a time where you have felt left out...What happened? What made you feel this way? Did you say anything to the people that left you out or did you just ignore it?
25. Write about someone you really admire. Why do you admire them? What is it about them that you like?
26. Write about a skill that you want to learn. What is it? Why do you want to learn it? Will it improve your lifestyle?
27. What skill have you learnt that you thought you would never get the hang of?
28. Write about the best distractions in your life... What activity can you do that takes your mind of everything else?
29. Write about how you think other people view you? Do you think they view you the same way you view yourself or do you feel they don't really understand you?
30. Write about your life right now... Who do you like spending time with? What's your favourite TV program, your favourite song etc.

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