



JULY JOURNAL PROMPTS

#missrachelbpromts

MISS RACHEL B SAYS...

The month of July brings us to the end of an academic year (for all students, teachers and parents anyway) which means the summer holidays are upon us. I like to use these 6 weeks to reflect and reevaluate my goals and plans.

I also like to get re-organised...ready for the kids going back to school. Some people spring clean...but I like to summer sort! But it isn't all about goals, cleaning and de-cluttering. Every summer holidays I like to try and have as much fun as I can with the kids while they are off school and make the most of the time we have got.

For this month's journal prompts I have designed them so you can reflect on the last 6 months, reevaluate your current goals and maybe add some more plans to your agenda that you have been putting off. But I will also add some sunny and happy journal prompts to get you thinking about what you want to do during the coming summer days.

Miss Rachel B

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Reflection

1. What goals have I completed in the last 6 months?
2. What goals have I not completed over the last 6 months?
3. What has been the highlights from the past 6 months?
4. What struggles have I had over the past 6 months? How did I overcome them?
5. Did my goals change in the last 6 months? (did you plan to do something but decide not to and cross it off your goal list) If so, why?

Reevaluate

6. Will you be adding them back on your goal list?
7. Will you be deleting any goals from your list? (Goals that have fizzled out and are no longer important or bring you joy) If so, why?
8. What new goals and plans will you be adding to your list for the next 6 months?
9. What ongoing goals and plans are still in progress? How are you getting on with them? What progress have you already made?
10. Do you need to quit any bad habits or form any new good habits? If so, what are they? Explain in detail, why you want to quit a habit or why you want to form a new one.

Lists

11. Write your 2016 summer bucket list.
12. Write a list of all the things you want to complete around the house this summer.
13. Write your 2016 summer reading list.
14. Write a list of any projects you would like to do this summer.
15. Write a list of all the summer 'things' that make you happy...just for the fun of it.

Summer Loving

16. What is the one thing you love the most about summer?
17. What is your favourite summer drink? Why?
18. What is your favourite summer activity? Why?
19. What is the best summer memory you have?
Explain that memory in as much detail as you can.
(Alternatively, you could write a list of all the memories you can remember).
20. Are you going on holiday this year? If so where are you going? How long for etc. If not write about a past holiday or plan out your idea of a perfect holiday.

Complete the following sentence's...

21. You know its summer when...
22. My favourite thing about going to the beach is...
23. To cool down in the summer heat, I like to...
24. The thing I am most grateful for about summer is...
25. My go to summer snack is...

would you rather...

26. Would you rather be active and explore this summer or relax and chill out? Why?
27. Would you rather sunbathe in the sun or swim in the pool all day? Why?
28. Would you rather spend the day at the beach or a water park? Why?
29. Would you rather wear flip flops or jelly shoes to the beach? Why?
30. Would you rather an ice cream or an ice lolly? What's your favourite ice treat? Why?

Last but not least...

31. Write about the highlights of this month in detail... Write about all the things you are grateful for. Write about all the life lessons you have learnt. Write about anything and everything. :)

Thank you so much for downloading your free July Journal Prompts, I hope you enjoy these questions and they help you in your life...

Many Blessing's

Miss Rachel B

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Facebook

<https://www.facebook.com/missrachelbinspiration/>

Instagram

<https://www.instagram.com/missrachelb86/>

Twitter

<https://twitter.com/MissRachelB86/>

Pinterest

<https://uk.pinterest.com/MissRachelB86/>

Google+

<https://plus.google.com/u/0/112625433152853542029>

I have also created a safe closed Facebook Group where you can come on a share your creation or anything you want really :) I would love to connect with like-minded people and get to know you all better :) Pop over too

Please feel free to contact me on any of the above social media networks or if you would prefer...here is my email; rachel@missrachelb.com