



September

JOURNAL PROMPTS

25 prompts for self-reflection,
gratitude, and a gentle reset



Self-Reflection

1. How do I want September to feel like?
2. What would I like to make more time for this month?
3. What has been taking too much of my time lately?
4. What is the one thing I could make simpler this month?
5. What are the little things that have made me happy lately?
6. What's one thing I've been avoiding that a fresh month gives me the permission to look at?
7. If this month had a single word as its theme, what would it be for me?

Gratitude and a Little Joy



8. What am I grateful for right now?
9. What ordinary moments do I want to notice more?
10. What is something I am looking forward to this September?
11. What is something I have enjoyed recently that I would like to do again?
12. What makes a day feel special to me?



A Gentle Reset

13. What do I want to carry into September?
14. What would I like to leave behind?
15. What part of my daily routine feels good right now?
16. What part of my day could use a little more space?
17. What would make my home feel a little more cozy?

Intentions



18. What are three gentle intentions I want to carry into September?
19. What is something I want to learn, explore, try?
20. What would I like to reconnect with?
21. What's one thing I can start imperfectly rather than not at all?
22. What's one thing I would like to feel less of this month?

Cozy and Fall

23. What does a cozy September day look like to me?
24. What little things do I want to savor this season?
25. What's one thing I am looking forward to this fall?

