



Cozy Fall

Journal Prompts

Good
Thoughts
Brighter
Days

SLOWER DAYS • WARMER MOMENTS



Journal Prompts for Cozy Fall

- What makes a space feel comforting to me?
- What makes a fall day feel especially cozy?
- What small thing can I add to my daily routine to make it feel more special?
- What would the perfect cozy fall morning look like?
- What simple comforts do I want more of this fall?



Journal Prompts for Slowing Down

- What would a slower fall routine look like?
- When was the last time I did something with no goal in mind, just for pure enjoyment?
- What would a peaceful fall Sunday look like from morning to evening?
- What deserves more attention this season?
- What's one evening ritual that would make my week feel calmer?



Journal Prompts for Reflection

- What is something I have done this year that past me would be proud of?
- What is something I understand differently now than I did at the beginning of the year?
- What deserves more appreciation right now?
- What is something I am grateful for today?
- What brought the most joy this year?



Journal Prompts for Letting Go

- What has been on mind more than it needs to be?
- What do I need less of this season?
- What expectation am I ready to let go of?
- What could I let go of to make myself feel lighter?
- Are there any plans or commitments that no longer feel necessary?



Journal Prompts for Romanticizing Everyday

- What simple things make an ordinary day feel special?
- What fall activities do I want to do this year?
- What would a perfect fall playlist include?
- Which seasonal food am I looking forward to?
- What would a perfect evening at home look like?



Find Beauty
in the
Everyday

Journal Prompts for Looking Ahead

- What would make the remaining months of the year feel meaningful?
- What deserves more time before the year ends?
- What am I looking forward to the remaining months?
- What would a gentle end of the year look like?
- What's a small tradition I want to start this season?

