

Summer Journal Prompts

If you could be anywhere in the world right now, where would you be? Who would you be with? What does this tell you about what you're longing for and dreaming of?

What makes you feel free? List 10 things.

How can you lighten any burdens or responsibilities today? What can you let go of or say 'no' to?

*What is your favorite summer memory from childhood?
How can you re-create that memory this week?*

*When is the last time you felt carefree? Where were you?
What were you doing? Who were you with?*

What do you love about summertime? List 10 things.