

JOURNAL PROMPTS

Month-By-Month



lovebecomesher.com

INTRODUCTION

These journal prompts are broken up monthly, and I have given each month a theme. This workbook is designed so that you can jump in at any time of year.

My hope is that the structure gives you a good jumping off point in your journaling. I've got plenty of other [ideas to fill your pages](#) on the blog.

Every question, thought, and prompt is just a guide to get you started. Use what serves you and leave what doesn't right now. Maybe this time next year (or the year after that) something else will speak to you.

I formatted this workbook in both letter size (8.5 x 11 in) and A5 size (5.8 x 8.3 in) because I tend to like options when I am working. You can always adjust the print settings to suit your needs -- or even use the PDF on your tablet.

Feel free to shoot me an email at v@lovebecomesher.com if you need any assistance with printing or adjusting the sizes. I'm happy to help.

I hope you find these to be useful and thought provoking again and again.

Be sure to tag me if you share on socials. I would really love to see these prompts in use!

Happy Journaling,

Vandissa

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JANUARY

reflection on the past year

1.) What good came from the past year?

2.) How can you ensure regular physical activity in the new year?

3.) Where can you cut back on spending?

4.) What would result in better eating from now on?

5.) How have you healed in the past year?

6.) What did you learn about yourself?

7.) If you could choose one person to spend more time with, who would it be? Why?

FEBRUARY

self love & sharing love

1.) What are you most proud of today?

2.) What 5 things make you smile?

3.) How can I be more loving?

4.) How can you nurture your relationships?

5.) How would others describe you?

FEBRUARY

#sharethelove

B

I

N

G

O

random
act of
kindness

genuine
compliment

a day
without
sarcasm

bake or
make a
gift

encourage
someone
else

do a chore
for
someone

quality
time with
a loved
one

give a hug

post a love
quote

do one
sweet
thing for
yourself

make a
gratitude
list

exercise
with
someone



drinks
with a
friend

elevate
your feet

compromise

take a
selfie

forgive
someone

practice
meditation

write a
thank you
note

listen
more than
you talk

watch the
sunset

laugh
with
someone

share
something
you
created

assume
the best

MARCH

getting more organized

1.) What keeps you grounded?

2.) What leads to you feeling less in control?

3.) Break up your tasks and to-do's:

weekly

bi-weekly

monthly

yearly

APRIL

budgeting outlook

1.) How can you be even more productive every day?

2.) What is your average income?

3.) How can you cut back on spending?

4.) What changes will you need to make to increase your savings?

5.) What budget plan or approach will you use?

6.) How will you track your progress?

7.) What are your financial goals in the next year?

MAY

healthy boundaries

1.) What can you do regularly to build confidence?

2.) What season of life are you in right now?

3.) What aspects of your life are you able to control?

4.) What do you need to let go of?

5.) What have you accomplished in the past that you are proud of?

6.) How do you handle stressful situations?

7.) What is the biggest lesson you have learned in the past year?

8.) What have you taken for granted lately?

JUNE

mid-year reflection

1.) Currently, what goals are most important to you?

2.) What help do you need? Who can you reach out to?

3.) What steps do you need to take to reach your goals this year?

4.) How will you hold yourself accountable regularly?

5.) What challenges have you already overcome?

6.) How have you been able to pivot in the past six months?

7.) What do you need to hear right now?

JUNE

looking towards the future

Where do you see yourself?

five years from now

three years from now

one year from now

six months from now

three months from now

JULY

positive self-talk

1.) What are your favorite quotes right now?

2.) What are your professional strengths?

3.) Write your own affirmation.

4.) What makes you unique?

5.) What gives you energy?

AUGUST

preparation for autumn

1.) What big events or goals are upcoming as this year ends?

2.) What habits do you want to start?

3.) Who do you hope to become in the next quarter?

4.) What does a successful year look like?

5.) What is holding you back from achieving your goals this year?

6.) What is something you would like to learn?

SEPTEMBER

self care inspiration

1.) What are your self care needs right now?

MIND

BODY

SOUL

2.) What adventure are you looking forward to?

3.) What is your favorite memory?

4.) What is something you love about yourself?

*Love yourself first, and
everything else falls in line. You
really have to love yourself to
get anything done in this world.*

Lucille Ball

OCTOBER

fear and task avoidance

1.) What are you afraid of?

2.) What are tasks you are avoiding?

3.) What regrets do you have?

4.) What are you worried could become regrets?

5.) What do you believe in?

6.) Name the bravest thing you've ever done.

OCTOBER

conflict resolution strategies

identify the issue

what are both parties' true complaints or concerns?

clarify

both parties must understand each other's concern

list options

brainstorm all of the possible options

evaluate

look honestly at perks and pitfalls of every option

make a decision

find balance with a satisfactory solution

document

write out the details and implications together

agree

make contingencies and agree on accountability

Source.

NOVEMBER

strengths & weaknesses

1.) Create an "about me" page or spread in your journal.

2.) How have you changed from the person you were five years ago?

3.) Write a letter to younger self.

4.) If you could change anything instantly, what would it be? Why?

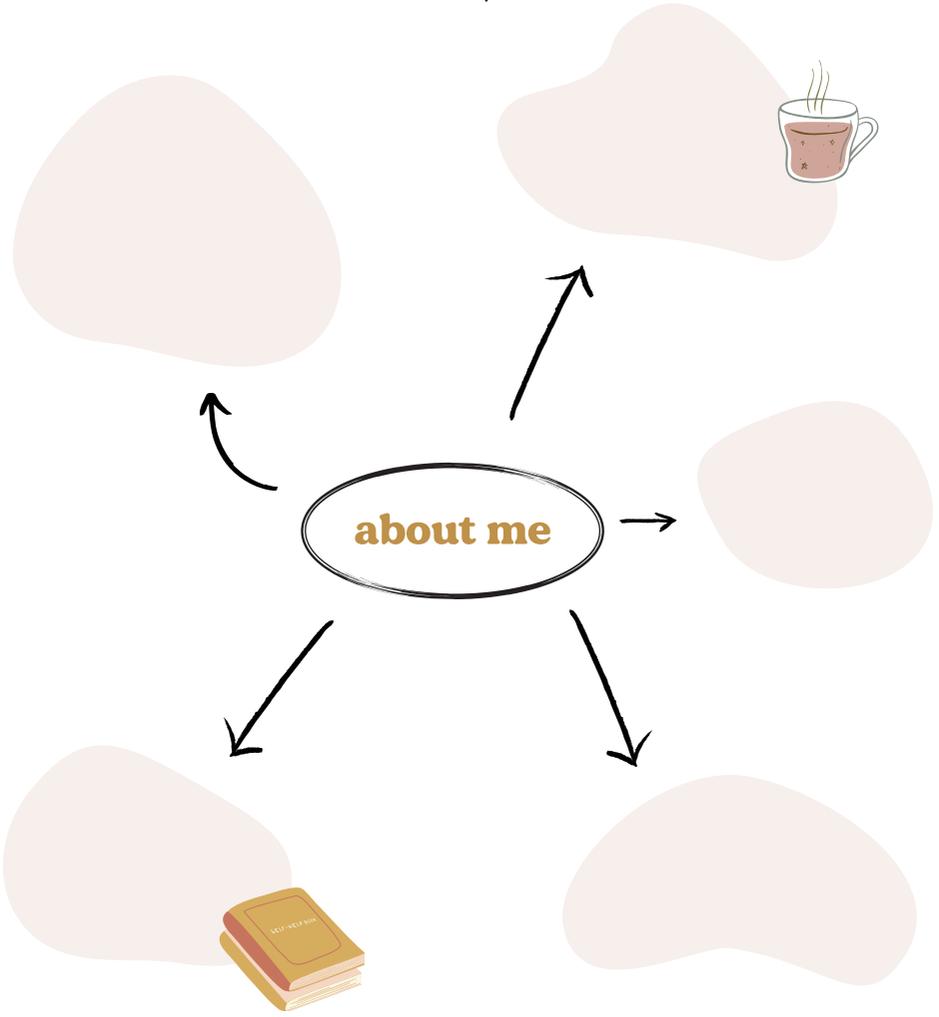
5.) If you could choose one thing that will never change, what would it be?

6.) What is your greatest weakness? How are you working on it?

7.) What are your personal favorite strengths?

8.) What life hacks have you picked up lately?

NOVEMBER



DECEMBER

strengths & weaknesses

1.) Find 2+ pictures from this past calendar year, paste them below. Write about who you were in the photo and what is going on in each picture.

2.) Who do you want to be five years from now?

3.) List your top 3 words (or priorities) for next year.

4.) How are you going to step out of your comfort zone next year?
