

**S M T W T F S**

# August

**01**

What are my intentions for the month?

**02**

What am I willing to explore more about myself?

**03**

Where do I feel a sense of community?

**04**

What can I remove from my to-do list?

**05**

What am I grateful for?

**06**

When am I most joyful?

**07**

What are my new interests?

**08**

How well did I listen today?

**09**

Which habits no longer serve me?

**10**

How can I nurture my friendships?

**11**

What do I appreciate about myself?

**12**

What can I release today?

**13**

When do I feel most relaxed?

**14**

What helps me process challenging emotions?

**15**

What valuable lessons have I gained?

**16**

What gives me a sense of delight?

**17**

What do I need to feel safe?

**18**

How do I relate to vulnerability?

**19**

What does leisure mean to me?

**20**

Which hobbies can I rediscover?

**21**

Who could I meet with more compassion?

**22**

What are my strengths?

**23**

How can I be more kind today?

**24**

What needs my acceptance?

**25**

How can I nourish my curiosity?

**26**

How can I learn to trust my gut?

**27**

How do I navigate discomfort?

**28**

When do I feel most alive?

**29**

Which judgements could I soften?

**30**

What inspires me?

**31**

How do I define love?

“Be fearless in the pursuit of what sets your soul on fire.”  
- *Jennifer Lee*

Carve out a little time each day to put pen to paper as you explore the journal prompt given. Take 5 (or more!) minutes to “free write”, flowing with whatever comes up, no matter how messy. Stay present to any thoughts, emotions, and body sensations that come up as you write.

*Calm*