



SEPTEMBER JOURNAL PROMPTS

1. What plans do you have for September?
2. Today is Labor Day in the US – what are your plans?
3. It's time for those final summer vacations. What is your best summer vacation memory?
4. What is a memorable thing you did this summer?
5. Make a short list of what you would like to do before September is over.
6. Today is 'Read a Book Day' – write about your favorite book, or what you are reading right now.
7. Describe your favorite way to spend a day off.
8. It's Grandparents Day – share a memory of your grandparents.
9. Do something nice for someone else today, then come back and journal about it.
10. School is back soon – how are you getting your kids ready?
11. What are some of your own favorite back to school memories?
12. Talk about work and productivity for the month of September.
13. It's Friday the 13th! Do you enjoy scary movies? Write about the ones you have experienced.
14. A great way to have a healthy September is with more exercise. Pick a new form of exercise to try out, and write about it.
15. Write down a list of healthy options you want to add to your regular diet.
16. What was a memorable day this summer?
17. Choose one new way to practice self care, then journal it.
18. It is National Indoor Plant Week – why not journal about picking a plant and caring for it?
19. What is on your mind today?
20. The 3rd quarter is almost over – write about how it has gone so far and what you got accomplished.
21. Today is World Gratitude Day – fill up a page with everything you are grateful for.
22. Do you plan on planting anything for the fall season?
23. Today is the first day of Fall. What are you looking forward to?
24. Go outside and enjoy the sunshine, then journal about what you did.
25. Do the opposite today; find some fun indoor activities to write about.
26. Write about one person you are grateful to have in your life.
27. Go through your summer bucket list and see if there is anything you can complete, then write about it.
28. What are your favorite summer and fall flowers?
29. Write about some things you want to get done in the 4th quarter.
30. Write an overview of your month.