

## 30-Day Journaling Challenge

Day	Prompt
Day 1	What are three things you're grateful for today?
Day 2	What lesson did you learn this week?
Day 3	Describe a moment that made you smile recently.
Day 4	What is one habit you want to change and why?
Day 5	Write about a person who inspires you.
Day 6	What emotions did you feel strongly today?
Day 7	What helps you calm down when you're stressed?
Day 8	If your life were a movie, what scene happened today?
Day 9	What would you create if you had no limits?
Day 10	Where do you see yourself in six months?
Day 11	What small step can you take toward your dream?
Day 12	Who do you want to reconnect with and why?
Day 13	What makes you feel supported in friendships?
Day 14	What am I praying or hoping for right now?
Day 15	Where did I notice peace today?
Day 16	What accomplishment are you most proud of?
Day 17	Write about a challenge you overcame.
Day 18	What book, song, or movie impacted you recently?
Day 19	List five qualities you love about yourself.
Day 20	What is something new you want to try?
Day 21	Who has influenced your life the most?
Day 22	Write about a happy childhood memory.
Day 23	What limiting belief do you want to let go of?
Day 24	What goals are you working toward right now?
Day 25	What does your ideal day look like?
Day 26	Write about a time you felt truly at peace.
Day 27	What makes you feel creative?
Day 28	How do you define success?
Day 29	What are three dreams you want to achieve?
Day 30	Reflect on your journaling journey this month.