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365 Daily Journal Prompts

One question for every day of the year + a blank daily journal page



12 monthly prompt pages | 14 pages | US Letter

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01
month

January Journal Prompts

Fresh starts and quiet winter days

Days 1 to 31 | prompts 1 to 31 of 365

tick the circle when you have answered

1. What do you want this year to feel like, in 3 words?
2. Which habit from last year deserves to come with you into this one?
3. Describe an ordinary Tuesday this year that you would be glad to live.
4. What could you stop doing to free up 1 hour each week?
5. Write about the coldest place you have ever been.
6. Which small skill would you like to learn by the end of this month?
7. List 5 things in your home that make winter easier.
8. Who would you like to see more often this year, and how could that happen?
9. What did you spend too much on last year? What would you rather pay for?
10. Describe the view from your window right now, in detail.
11. Which drawer, shelf or corner would you clear out first, and why?
12. Write about a promise you made to yourself and kept.
13. Write a short letter to yourself to open on December 31.
14. What does a good night's sleep look like for you, from evening to morning?
15. Name a book, film or album you want to finish this year.
16. What advice would you give someone starting a new job this month?
17. Which winter food reminds you of a specific person?
18. What is one rule in your life that you wrote yourself?
19. Which of your goals feels real so far, and which feels forced?
20. Describe a walk you could take this week, even a short one.
21. What would you do with a completely free Saturday?
22. What question are you afraid to ask someone? What is the worst real outcome?
23. Write about a time you started over and it went better than expected.
24. Which screen habit would you trim, and what would you do instead?
25. List 10 things you are good at that never appear on a resume.
26. What does your body need more of this winter?
27. Who taught you something useful last year without knowing it?
28. Describe a cozy evening using sight, sound, smell, taste and touch.
29. Which date in the next 3 months is already circled in your mind?
30. Which goal could you make half as big and still be proud of?
31. Read your answer from January 1. Do those 3 words still fit?

02
month

February Journal Prompts

Friends, family and the people who warm your days

Days 1 to 28 | prompts 32 to 59 of 365

tick the circle when you have answered

1. Who is the first friend you remember making, and how did it happen?
2. Write about a kindness from a stranger that you still think about.
3. What makes you feel at home in a place you have never been before?
4. Describe a handwritten note or card you kept. Why that one?
5. Who could you call at any hour? Write what you value about them.
6. What is your favorite way to show someone you care?
7. How do you like to be comforted after a bad day?
8. Write about a meal that brought people together.
9. Which friendship has changed the most over the years?
10. What is something you love that few people know about?
11. Describe the warmest room you have ever spent time in.
12. Who do you owe a thank you that you never sent?
13. What does a good apology sound like to you?
14. List 10 small things that make a day kinder.
15. Which boundary has made one of your relationships better?
16. Which neighbor or coworker do you know only by face? What do you guess about them?
17. Describe a tradition you share with just one other person.
18. What is the best compliment you have ever received?
19. How have you been a good friend to yourself this month?
20. Write about a time you forgave someone, or wish you had.
21. Who makes you laugh the hardest, and why?
22. What would you like people to say about you when you are not in the room?
23. Describe a family recipe, even if no one ever wrote it down.
24. Which conversation from this month do you keep replaying?
25. What are 3 ways you could meet new people this spring?
26. Write about a pet or animal you have loved.
27. What do you need to hear right now? Write it as if a friend said it.
28. List everyone who helped you this month, in big or small ways.

29 Leap year? February 29 is a catch-up day: reread your answers from this month and finish any you skipped.

03
month

March Journal Prompts

Small changes, new skills and the first signs of spring

Days 1 to 31 | prompts 60 to 90 of 365

tick the circle when you have answered

1. What is starting to grow in your life right now?
2. Describe the first sign of spring you noticed, or the one you are waiting for.
3. Which plant, tree or flower do you feel connected to?
4. What did you believe 5 years ago that you no longer believe?
5. Write about a mistake that taught you more than a success did.
6. What is one thing you could try for just 7 days?
7. How do you learn new things fastest: reading, watching or doing?
8. Which skill did you have as a child that you have lost?
9. Which part of your daily routine needs a small repair?
10. What would you attempt if you knew no one was watching?
11. Write about the best teacher or coach you ever had.
12. What does progress look like during a slow week?
13. List 5 things you can do now that you could not do a year ago.
14. What are you outgrowing: a habit, a space or a role?
15. Describe a muddy, messy or rainy day that you enjoyed.
16. Which piece of advice did you ignore and later wish you had taken?
17. Which fear has shrunk over time? What made it smaller?
18. If you planted a garden this year, what would go in it?
19. Write about something you finally understood after years.
20. Around March 20, day and night are close to equal. Where do you want more balance?
21. What would your 10-year-old self think of your life today?
22. Which small win from this week deserves a celebration?
23. Describe a place where you feel creative.
24. What did you learn from the last time you said no?
25. Which question do you wish someone would ask you?
26. Which dropped hobby might you pick up again?
27. Write about a time you asked for help and it changed things.
28. What would your ideal workspace look like?
29. What would you like to understand better: money, health, history or something else?
30. Describe a change you resisted that turned out well.
31. What grew in you this month, even a little?

04
month

April Journal Prompts

Curiosity, questions and rainy-day thinking

Days 1 to 30 | prompts 91 to 120 of 365

tick the circle when you have answered

1. What is the best harmless joke or prank you have ever seen?
2. Which topic could you read about for hours?
3. Describe the sound of rain where you live.
4. Which question about yourself have you never answered?
5. If you could interview anyone from history, what would you ask first?
6. What have you always wondered how to make?
7. Write about a place in your town you have never visited.
8. Which smell instantly brings back a memory?
9. Which opinion of yours changed after a real conversation?
10. List 10 questions you would like answered in your lifetime.
11. If you had 1 hour to refresh your home, what would you tackle?
12. What is a small mystery in your daily life?
13. If you had to teach a class tomorrow, what would it be about?
14. Write about the last time you were truly surprised.
15. What would you explore with a free afternoon and a bus or train pass?
16. Which everyday object would you redesign, and how?
17. What did you want to be when you grew up? What drew you to it?
18. Describe an umbrella, raincoat or pair of boots that has a story.
19. Which word do you love the sound of?
20. Write about a time curiosity got you into trouble, or out of it.
21. Which of your skills would you trade for a new one?
22. Earth Day is April 22. What is one small thing you do for the planet?
23. Describe a sky you still remember.
24. What would you ask a grandparent or elder if you had 10 minutes?
25. Which first impression of someone turned out to be wrong?
26. What is the most unusual food you have ever tried?
27. If you could live in any decade, which would you choose and why?
28. What new route could you take to a place you go often?
29. Write about something you collected as a child.
30. What are you curious about for next month?

05
month

May Journal Prompts

Fresh air, blossoms and noticing the outdoors

Days 1 to 31 | prompts 121 to 151 of 365

tick the circle when you have answered

1. Describe your favorite outdoor spot within walking distance.
2. What is blooming near you right now?
3. Write about a picnic, real or imagined.
4. Which bird, insect or animal do you notice most often?
5. List 5 sounds you can hear outside right now.
6. What was your favorite outdoor game as a child?
7. Describe the light at 7 in the evening this time of year.
8. Where do you go to clear your head?
9. What would you grow on a small balcony or windowsill?
10. Write about the best park you have ever visited.
11. In which season do you feel most like yourself, and why?
12. What changes in your mood after time in fresh air?
13. Describe a path you have walked so often you know every crack.
14. Who do you know that loves nature? What could you learn from them?
15. Write about a time you got caught in the rain.
16. What would you notice if you sat outside for 10 minutes without your phone?
17. Which fruit tastes like this time of year to you?
18. Plan a day trip within 1 hour of home.
19. Which outdoor job, like weeding or sweeping, do you find calming?
20. Describe a garden that belongs to someone you know.
21. Which color are you seeing everywhere this week?
22. Write about a time you felt small under a big sky.
23. How could you eat 1 meal outside this week?
24. What is the best view you have ever climbed to?
25. Which outdoor skill would you like to learn: camping, map reading, birdwatching?
26. Where does the smell of cut grass or wet soil take you?
27. Which outdoor activity makes you lose track of time?
28. Write about a stone, shell or leaf you picked up and kept.
29. Which weather do you love that most people dislike?
30. What can you see from the highest point in your neighborhood?
31. Name 3 outdoor moments from May you want to remember.

06
month

June Journal Prompts

Long days, play and easy summer fun

Days 1 to 30 | prompts 152 to 181 of 365

tick the circle when you have answered

1. What did summer mean to you as a kid?
2. Describe your favorite way to spend a long evening.
3. Which game do you never get tired of playing?
4. What makes you laugh even when you are tired?
5. List 10 silly things you would do with a free summer.
6. When did you last play just for fun? What was it?
7. Describe the best cold treat or summer snack you remember.
8. What would you build with a pile of cardboard and an afternoon?
9. Which song makes you want to dance?
10. Write about a time you were brave in front of other people.
11. Which summer smell do you love?
12. If today had 2 extra hours of daylight, how would you use them?
13. Who is the most playful person you know?
14. Describe a sunset you watched all the way to the end.
15. What fun thing did you stop doing because you felt too old?
16. Write about a first: a first swim, bike ride or sleepover.
17. What does an ideal lazy morning look like?
18. Which game or sport brings out your competitive side?
19. Describe a fair, festival or market you enjoyed.
20. What would you draw or doodle about today?
21. June 21 is close to the longest day of the year up north. How will you use the light?
22. Write about a time you said yes to something spontaneous.
23. Which childhood toy would you love to hold again?
24. What makes someone fun to spend a day with?
25. Describe the most relaxing sound of summer.
26. What would you do on a day with no plans at all?
27. Write down a funny family story that gets retold.
28. What could you do this week just because it sounds fun?
29. Which place makes you feel like a kid again?
30. What was the brightest moment of the first half of the year?

07
month

July Journal Prompts

Adventure, freedom and trying something new

Days 1 to 31 | prompts 182 to 212 of 365

tick the circle when you have answered

1. Halfway through the year: what are you proud of so far?
2. What does freedom mean to you today?
3. Describe a trip you still talk about.
4. Where would you go if you could leave tomorrow?
5. What is the biggest risk you have taken, and was it worth it?
6. Write about a time you got lost somewhere.
7. Which place on the map have you always wanted to see?
8. What would you pack for a week with no plan?
9. Describe a road, trail or train ride you remember.
10. What do you want to do before the end of summer?
11. Which harmless rule would you break for 1 day?
12. Write about a time you felt truly independent.
13. What adventure could you have in your own town?
14. Who would you invite on a road trip, and where would you go?
15. Describe a night under the stars, or imagine one.
16. What scares you a little but excites you more?
17. Write about the farthest you have ever walked or traveled in a day.
18. What does home feel like when you come back from a trip?
19. Which language would you like to speak, and where would you use it?
20. Which someday plan could you put a date on?
21. Describe a moment when you felt completely awake and alive.
22. What do you need to say yes to more often?
23. Write about a souvenir and the story behind it.
24. Which explorer, traveler or inventor would you like to meet?
25. How do you handle it when plans go wrong?
26. Describe the hottest day you remember.
27. What small adventure could you fit into this weekend?
28. Write about trying a new food in a new place.
29. Which freedom do you take for granted?
30. If you could swap lives with someone for a week, who would it be?
31. What made July feel different from June?

08
month

August Journal Prompts

Rest, slow days and late summer plenty

Days 1 to 31 | prompts 213 to 243 of 365

tick the circle when you have answered

1. What does a truly restful day include for you?
2. List 10 things you have plenty of right now.
3. Describe the slowest meal you have ever enjoyed.
4. Which fruit or vegetable is at its best where you live right now?
5. What makes it hard for you to rest?
6. Write about a nap, a hammock or a shady spot you loved.
7. What could you say no to this month to protect your energy?
8. Describe a summer evening ritual you enjoy.
9. Which simple pleasure costs nothing at all?
10. What does enough look like in your life?
11. Write about someone who knows how to relax well.
12. How has your energy changed since the start of the year?
13. What would a screen-free hour look like today?
14. Describe the taste of a tomato, peach or berry at its ripest.
15. Which chore could you share, drop or simplify?
16. What have you been rushing that could go slower?
17. Write about a time you did nothing and enjoyed it.
18. What makes your bedroom restful, and what gets in the way?
19. Which memory from this summer do you want to keep?
20. What would you do with a full week off and no travel?
21. Describe the sky on a hot August night.
22. Which friendship feels easy and restful?
23. What do you collect, and why does it make you happy?
24. Write about saving something for later: jam, photos, letters or stories.
25. Which smell tells you summer is ending?
26. What have you harvested this year: lessons, results or friendships?
27. Describe a cold drink on a hot day, and where you had it.
28. What are you ready to start again in September?
29. Which part of summer do you want to stretch out?
30. Write a thank-you note to this summer.
31. What would you tell yourself on August 1, now that the month is over?

09
month

September Journal Prompts

Routines, learning and back-to-school energy

Days 1 to 30 | prompts 244 to 273 of 365

tick the circle when you have answered

1. What did the first day of school feel like for you?
2. Which routine do you want to set up this month?
3. Describe a good morning for you in 5 steps.
4. What do you want to learn before the year ends?
5. Write about a notebook, pen or bag you loved as a student.
6. Which habit has quietly improved your life?
7. At what time of day do you do your best thinking?
8. Describe your evening wind-down. What would make it better?
9. Which school subject did you dislike that now interests you?
10. Which task do you always put off, and why?
11. Write about a friend who stuck with you through a big change.
12. How do you remember things best: lists, apps or sticky notes?
13. What could you prepare on Sunday to make Monday easier?
14. Describe a teacher, mentor or boss who believed in you.
15. Which goal from January still matters? Which can go?
16. What is your favorite thing about early fall?
17. Write about a time you practiced something until you got it.
18. Which part of your day feels rushed? What could change?
19. Which book shaped the way you think?
20. What does a good work or study session feel like?
21. Describe your desk or table right now. What does it say about your week?
22. Around September 22, day and night are nearly equal again. What needs rebalancing?
23. What would you study if school were free and had no tests?
24. Which household system works well for you?
25. Write about a skill you taught someone else.
26. What do you do every day that you would like to do better?
27. Describe the first chilly morning of the season.
28. Which piece of feedback helped you the most?
29. What would make next month 10% easier?
30. What did you learn this September, about anything at all?

10
month

October Journal Prompts

Falling leaves, change and letting go

Days 1 to 31 | prompts 274 to 304 of 365

tick the circle when you have answered

1. What is changing around you this month?
2. Describe the colors outside your window today.
3. What are you ready to let go of?
4. Write about a change that scared you at first.
5. Which old belief about yourself could fall away like a leaf?
6. What is the best story you heard as a child?
7. Describe the crunch, smell and color of an autumn walk.
8. What have you kept for too long?
9. Write a 6-word story about your year so far.
10. Which costume or dress-up memory makes you smile?
11. If you could change 1 thing about your home, what would it be?
12. Describe a warm drink and the mug you drink it from.
13. Which friendship has faded, and how do you feel about it?
14. What scares you in a fun way: stories, films or roller coasters?
15. Write about a time you changed your mind about a person.
16. What do you need to forgive yourself for?
17. Which fall tradition would you like to start?
18. Describe the oldest object in your home and its story.
19. What do you hope will stay the same about you in 10 years?
20. Which family story gets told again every year?
21. What used to frighten you that no longer bothers you?
22. Write about a lamp, candle or light that makes your evenings better.
23. What would happen if you let 1 obligation go this month?
24. Describe the moment you knew the season had changed.
25. Which piece of clothing holds a memory?
26. What does letting go look like in practice for you?
27. Write a short, friendly ghost story set on your own street.
28. Which change would you like to make before winter?
29. What did you misunderstand for years?
30. Describe the last time you watched leaves fall or rain run down a window.
31. What are you carrying into November, and what stays in October?

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month

November Journal Prompts

Gratitude, roots and the people behind you

Days 1 to 30 | prompts 305 to 334 of 365

tick the circle when you have answered

1. Who are the people in your earliest memory?
2. List 10 everyday things you would miss if they disappeared.
3. Describe the home you grew up in.
4. What have you inherited: an object, a habit or a laugh?
5. Write a thank-you note to your hands, your feet or your lungs.
6. Which tool or object makes your life easier every day?
7. Where does your family come from? What would you like to know?
8. Describe a meal you would cook for people you love.
9. Which hard season are you grateful you made it through?
10. What lesson did an older person teach you?
11. Write about a place that shaped you.
12. Which comfort do you rely on when it gets dark early?
13. What are you grateful for that you did not choose?
14. Describe a photograph you treasure.
15. Who in your life works quietly behind the scenes?
16. What do you appreciate about where you live?
17. List 10 sounds you are thankful for.
18. Which ordinary day this year turned out to be special?
19. What do you appreciate about yourself but rarely say?
20. Describe the people who usually share your table.
21. Which family saying would only your family understand?
22. Which teacher or helper would you thank if you could find them?
23. What are you grateful to have learned the hard way?
24. Write about a gift that cost little but meant a lot.
25. What makes a gathering feel warm to you?
26. Which song connects you to your roots?
27. What would you like to pass on to the next generation?
28. Describe your favorite room in late autumn.
29. Who has been kind to you this month?
30. Write 3 sentences of thanks to the year so far.

12
month

December Journal Prompts

Looking back, resting and closing the year

Days 1 to 31 | prompts 335 to 365 of 365

tick the circle when you have answered

1. What are the 3 biggest things that happened to you this year?
2. Which day this year would you happily live again?
3. Describe the coziest hour of a December day.
4. Which moment this year caught you completely off guard?
5. Which goal did you reach? Which did you quietly drop?
6. Write about a person who mattered to you this year.
7. What is the best thing you read, watched or heard this year?
8. Which habit helped you the most this year?
9. Which worry from this year turned out smaller than it looked?
10. Describe the lights you see on a winter evening.
11. Which risk paid off this year?
12. What was the hardest moment, and what got you through it?
13. List 10 small joys from this year.
14. What would you like more of next year? Less of?
15. Which place did you visit or discover this year?
16. Write about the kindest thing you did for someone this year.
17. What did you learn about the way you handle stress?
18. Describe a winter scent that feels like home.
19. Which belief did this year change?
20. What do you want to celebrate before the year ends?
21. Around December 21, nights are longest up north. What helps you through dark days?
22. Which gift that cannot be wrapped did you receive this year?
23. Write about a quiet moment from this month.
24. Which friendship grew this year?
25. How do you like to rest as the year winds down?
26. Which piece of advice would you send back to yourself in January?
27. Which single word could guide you next year?
28. Write about something you are proud of that no one saw.
29. What will you leave behind in this year?
30. Describe the first day of next year as you hope it will be.
31. Read your letter from January 13. What would you add now?

Daily Journal Page

Copy the prompt for today's date, then write your answer below.

Date _____ Day _____ of 365 Mood: ○ ○ ○ ○ ○

Today's prompt

_____

_____

My answer

1 thing I noticed today

Today in 3 words