

# 30 Day Journal Challenge

- Think of a turning point in your life. How would you describe it now? What did you learn?
- Take a walk outside and then write down everything you remember. The sights, smells, temperature, thoughts that popped in your head, etc.
- Finish this sentence 25 different ways. Wouldn't it be cool if...?
- Write a poem about your feelings today.
- Think of a person you are very close to, describe them in 50 words.
- Visualize yourself 5 years from now. What does your ultimate life look like? What steps can you take now to make that happen.
- Make a list of all of the gifts you would like to receive.
- The sky is the limit, what would you have to eat today?
- What is your greatest accomplishment? How can you top that?
- If you could hang out with anyone in the world, dead or alive, who would it be? What would you do?
- What do you think needs improvement in your life? Think of ways you can start that improvement today.
- What's a secret you have kept? Is it time to tell someone? How does it affect your life?
- What has 2020 taught you? List the best and worst memories so far.
- What does happiness look like in your life?
- Say this prayer and then write for 10 minutes. "Spirit, take my hand, I am ready and willing to speak with you today. Thank you in advance for your words, wisdom, guidance and grace."
- Write a letter to your younger self? What do you wish you had known?
- Who is your favorite celebrity? Write a narrative of a conversation you would like to have with him/her.
- Write a short story of your favorite memory.
- If you could go anywhere for 2 weeks, where would you go? Who with? What would you do?
- What is the first thing you would do or buy if you won the lottery?
- Find a quote you love, write it down 5 times. Maybe create some art around it and put it up on your wall!
- What is the best piece of advice you have received?
- Write about your dream career if money wasn't an issue.
- Do you have a recurring dream? Write it out and what you think it means.
- Brain dump time! Write down everything you are thinking about. All of the to do's, ideas or dreams that are swimming around in your mind.
- Make a list of everything you love about yourself. Don't skip this! Think of at least 5.
- What is your most embarrassing memory? Make it a funny story to tell your grandchildren someday.
- Write a letter to someone who wronged you, but you want to forgive. Remember it won't get mailed (unless you want to) so let it out!
- What do you want people to remember about you when you die?