June Journal Prompts

SHEET 2 / JUNE 16–30, 2027

The Longest Light

16 **Wednesday, June 16** — What does an unhurried morning look like for you? Describe it in detail.

Halfway Through the Year

17 **Thursday, June 17** — Half the year is nearly gone. What are you most glad you did in the first six months?

18 **Friday, June 18** — What is one thing you planned for this year that can quietly be let go? Write about releasing it.

19 **Saturday, June 19** — Write about a goal that still matters to you. What is the next small step?

20 **Sunday, June 20** — Father's Day: write about a man who helped raise, teach or steady you — a memory, a lesson, or five words that describe him.

21 **Monday, June 21** — The longest day: summer begins today. Write about what you want the light to find you doing this season.

22 **Tuesday, June 22** — Write a short note to yourself for December: what do you want to remember about this summer?

23 **Wednesday, June 23** — What is one kind thing you can do this week that costs nothing? Write about doing it.

Summer, Settling In

24 **Thursday, June 24** — Describe your ideal summer evening, from the light fading to the last sound of the night.

25 **Friday, June 25** — Write about a trip — taken, planned or dreamed. Where do you go, and what do you do first?

26 **Saturday, June 26** — What are three small joys of this exact week? Write about the tiniest one.

27 **Sunday, June 27** — Write about someone who makes summer better. Tell them, on the page, exactly how.

28 **Monday, June 28** — What would you like your days to feel like in July? Describe the feeling, not the schedule.

29 **Tuesday, June 29** — Write about a photograph from a past summer. What is happening just outside the frame?

30 **Wednesday, June 30** — End of June: write about one thing this month taught you, and one thing you are carrying into July.