July Journal Prompts

31 dated questions for high summer

HIGH SUMMER / JULY 1–8

1. **Thursday, July 1**
   July opens the year's second half. Write about one hope you are carrying into it.
2. **Friday, July 2**
   Describe the heat (or the rain) where you are today, in as much detail as you can.
3. **Saturday, July 3**
   Write about something worth celebrating in your life right now, big or small.
4. **Sunday, July 4**
   Independence Day: write about a freedom you are grateful for — time, choice, movement, or your own small independence.
5. **Monday, July 5**
   What does rest look like in high summer for you? Describe an afternoon done slowly.
6. **Tuesday, July 6**
   Write about an ice-cold drink or a frozen treat you love: the first sip, the place, the company.
7. **Wednesday, July 7**
   List five sounds of July where you live.
8. **Thursday, July 8**
   Write about a summer evening from your childhood that you can still picture clearly.

SLOW DAYS / JULY 9–16

9. **Friday, July 9**
   What is one thing you want to do outside this month? Write about planning it.
10. **Saturday, July 10**
    Describe a shady place you love: what the light does there at noon.
11. **Sunday, July 11**
    Write about someone you want to spend more time with this summer. What would you do together?
12. **Monday, July 12**
    You are a third of the way through July. What has the month felt like so far?
13. **Tuesday, July 13**
    Write about a book, film or show you want to enjoy slowly this summer — or one you already love.
14. **Wednesday, July 14**
    What small adventure could fit into an ordinary week? Write about taking it.
15. **Thursday, July 15**
    Write about water again, differently: a pool, a sprinkler, a storm, a shore.