July Journal Prompts

31 dated questions for high summer

SLOW DAYS / JULY 9–16 (CONTINUED)

16 **Friday, July 16**
What is one thing you are doing well this summer that nobody sees? Give it a line in the record.

THE YEAR'S MIDDLE / JULY 17–24

17 **Saturday, July 17**
Half the year is behind you. What are you most proud of since January?

18 **Sunday, July 18**
Write about a plan that changed this year. What did the change make room for?

19 **Monday, July 19**
What is one habit carrying you through summer? Write about keeping it gentle.

20 **Tuesday, July 20**
Write about the night sky in July: stars, a storm, the moon over a quiet street.

21 **Wednesday, July 21**
What would you like the second half of this year to feel like? Describe the feeling in detail.

22 **Thursday, July 22**
Write a thank-you note to someone who made the first half of your year better.

23 **Friday, July 23**
What is one small thing you can finish before July ends? Write the first step.

24 **Saturday, July 24**
Describe a meal eaten outside: the food, the light, the people, the last bite.

GOLDEN HOURS / JULY 25–31

25 **Sunday, July 25**
Write about a place you want to return to. What is waiting for you there?

26 **Monday, July 26**
What are three small joys of this exact week? Write about the brightest one.

27 **Tuesday, July 27**
Write about a song, smell or taste that means high summer to you.

28 **Wednesday, July 28**
What does your home feel like in July? Write about one room at its best hour.

29 **Thursday, July 29**
Write about something you are looking forward to in August.

30 **Friday, July 30**
Today is the International Day of Friendship: write about a friend far away — a memory, or what you would tell them today.

31 **Saturday, July 31**
End of July: write about one thing this month taught you, and one thing you are carrying into August.