September Journal Prompts

September 1–15 • Sheet 1 of 2 • 15 gentle questions

01 **Wednesday, September 1 —** September often feels like a second new year. Write about one fresh start you would like to make this month.

02 **Thursday, September 2 —** Describe your morning today: the light, the sounds, the first thing you reached for.

03 **Friday, September 3 —** What is one thing from summer you want to remember properly? Write it down in full detail.

04 **Saturday, September 4 —** Write about a place you want to spend time this autumn: a desk, a park bench, a kitchen table.

05 **Sunday, September 5 —** What does a good Sunday look like in this season of your life? Describe it hour by hour if you like.

06 **Monday, September 6 —** Labor Day in the US: write about the work of your days — the kind you are paid for, and the kind nobody sees.

07 **Tuesday, September 7 —** Write about one routine you would like to rebuild gently this month. What is its smallest version?

08 **Wednesday, September 8 —** List five things September smells, sounds and feels like where you live.

09 **Thursday, September 9 —** Write about something you are learning, or would like to learn, this autumn.

10 **Friday, September 10 —** What is one small corner of your home you want to make kinder to be in? Describe the change.

11 **Saturday, September 11 —** Write about a person you have not seen in a while. What would a catch-up with them sound like?

12 **Sunday, September 12 —** You are nearly halfway through September. What has surprised you so far?

13 **Monday, September 13 —** Write about a book you want to read this autumn — or one you finished and still think about.

14 **Tuesday, September 14 —** What is one thing you can clear, finish or file away this week? Write about the space it will leave.

15 **Wednesday, September 15 —** Half the month is gone. Write about one thing September has already taught you.