September Journal Prompts

September 16–30 • Sheet 2 of 2 • 15 gentle questions

16 **Thursday, September 16 —** Write about an ordinary evening this week: where you were sitting, what was on, who was near.

17 **Friday, September 17 —** The light is changing. Write about the first sign of autumn you have genuinely seen near home.

18 **Saturday, September 18 —** Write about a warm drink and where you like to have it when the air cools.

19 **Sunday, September 19 —** What are you ready to slow down? Write about doing one thing at a time.

20 **Monday, September 20 —** Write about something you want to make, bake, plant or begin before autumn deepens.

21 **Tuesday, September 21 —** Today is World Gratitude Day: write about three things this season has given you so far — one of them small.

22 **Wednesday, September 22 —** Around this date, astronomical autumn begins. Write about what you hope this new season holds, in plain words.

23 **Thursday, September 23 —** Write about a sound of early autumn: leaves, rain on a window, a kettle, returning birds.

24 **Friday, September 24 —** What is one habit that served you well this year? Write about keeping it for the last stretch.

25 **Saturday, September 25 —** Describe your home at the start of autumn: one room as the evenings draw in.

26 **Sunday, September 26 —** Write about a meal that belongs to this season. Who taught it to you, or where did you find it?

27 **Monday, September 27 —** What is one kind thing you can do for someone this week? Write about doing it quietly.

28 **Tuesday, September 28 —** Write about the last quarter of the year: what would make it feel well spent?

29 **Wednesday, September 29 —** What are three small joys of this exact week? Write about the coziest one.

30 **Thursday, September 30 —** End of September: write about one thing this month settled in you, and one hope you are carrying into October.