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JOURNALING PROMPTS

NOVEMBER 2025



What's a fear you had as a kid that seems silly now?

What's your go-to cozy, feel-good movie??

What would be in your "how to be you" starter pack?

What's your villain origin story (in 3 sentences)?

What would be in your "care package" to your future self?

What's your favorite thing that only happens this time of year?

What kind of animal would your familiar be if you had one?

What's the weirdest dream you remember?

What's your "comfy clothes" personality?

If your life had a tagline, what would it be today?

What's your current go-to snack or drink?

What's something you've recently stopped caring about (and it feels good)?

If you had to give your week a title, what would it be?

What was the last thing that made you laugh out loud?

What's your favorite way to procrastinate?

What are you currently collecting (intentionally or not)?

What's the first thing you do when you pick up your phone in the morning?

What's your favorite "useless" talent?

What's a low-effort thing that always helps your mood?

What's a snack that always makes you feel like a kid again?

What song would be playing during a slow-motion montage of your week?

What object in your house would win "Employee of the Month"?

What task do you delay even though it takes 30 seconds?

What was the funniest thing you saw on the internet this week?

What mundane errand feels like a quest lately?

What's your current favorite "I don't feel like cooking" meal?

What's the most worn-out thing you refuse to throw away?

What part of your routine would confuse your past self?

What part of this November felt most meaningful to you?

As December begins, what intention do you want to lead with?