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JOURNALING PROMPTS
OCTOBER 2025



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What's something you've always been curious about but haven't explored yet?

If your thoughts had a background soundtrack, what would it sound like today?

If you could create a themed party based on your current mood, what would it be like?

What kind of personal "rituals" do you use to reset or recharge?

What kind of energy are you carrying lately—light, heavy, calm, chaotic?

Do you think your childhood self would recognize who you are now?

What's a scent that brings up a strong memory for you?

What's something you're holding onto that no longer serves you?

What's a "weird" belief or opinion you totally stand by?

What helps you feel brave in small ways?

If your life had a warning label this month, what would it say?

What kind of themes show up a lot in your daydreams?

What do you find beautiful that others might overlook?

What would your ideal "me time" look like right now?

What sort of everyday magic do you wish existed?

What's something you used to believe strongly that you've since changed your mind about?

Who would you invite to your version of the perfect gathering?

What's something that regularly pulls you back into the present moment?

What makes you feel cozy and safe lately?

If you could bring one part of your past into your present, what would it be?

What color feels most like you right now?

What's something you've created that you're quietly proud of?

What's a kind act you witnessed or received recently?

What is something you're intentionally avoiding and why?

What's something you've been procrastinating on, and why?

What kind of support do you need more of these days?

If your current routine were a meal, how would you describe the flavor?

What part of October do you want to remember most clearly?

What's a story you often tell others—do you still connect with it?

What mindset or intention are you carrying with you into November?

What kind of personal growth have you noticed in yourself this year?