

GROUNDHER

August Journaling Prompts

A quiet page for the summer-to-fall transition.

WEEK ONE — LOOKING BACK AT SUMMER

What's one moment from this summer I want to remember clearly?

What did this summer teach me, even something small?

WEEK TWO — NOTICING THE PRESENT TRANSITION

What signs of the season shifting have I noticed this week?

How does this specific, in-between stretch of August actually feel?

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WEEK THREE — WHAT I'M RELEASING

What's one thing from summer I'm ready to set down as the season changes?

What would it feel like to actually let it go, rather than just intending to?

WEEK FOUR — LOOKING TOWARD FALL

What's one thing I'm looking forward to about the coming season?

What would I like fall to feel like, in one or two honest sentences?
