GROUNDEDHER

October Journaling Prompts

A quiet page for cozy season and golden days.

WEEK ONE — SETTLING INTO THE SEASON

What does October actually feel like to me this year, specifically?

What's one small sign that fall has fully arrived, beyond just the date on the calendar?

WEEK TWO — WHAT COZY REALLY MEANS

What does genuine coziness look like for me, apart from how it's usually pictured?

Which small comforts have I actually been reaching for this month?

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WEEK THREE — SLOWING DOWN

Where in my week is there room to slow down further, even slightly?

What's been getting in the way of the unhurried pace this season seems to invite?

WEEK FOUR — LOOKING TOWARD THE DARKER MONTHS

What do I want to carry with me into November and December from this month's particular warmth?

What's one small ritual I'd like to keep going as the days get colder?