

Fall Journal Prompts

1. What brings you joy in the fall season?
2. Write down 10 words that make you think of fall.
3. What is your favorite memory from fall last year?
4. How do your daily routines change in the fall?
5. How is this fall different than previous seasons?
6. What are some things going on your fall bucket list?
7. Describe your perfect day off in the fall.
8. Write down 3-5 personal goals for the season.
9. Write down 3-5 professional goals for the season.
10. What is your favorite season and some reasons why?
11. What is something you look forward to this season?
12. What is something giving you anxiety or worry this season?
13. Describe your fall self-care routine.
14. How has your physical health been lately?
15. How has your mental health been lately?
16. Do you enjoy decorating for fall?
17. How can you improve your daily habits this fall?
18. Do you have a new morning or nighttime routine?
19. What are you most grateful for this season?
20. Fall often feels like a new beginning—what changes will you make?
21. Are there new projects or crafts you want to try this fall?
22. What are some outdoor adventures you can go on?
23. List 5 people you would love to make plans with this season.
24. What is bringing you clarity this season?
25. Sum up your feelings about the season.