FREE PRINTABLE

The 30-Day Journaling Challenge

Thirty original prompts, a tracker to mark your days, and a little room to write. Print this packet, keep it with your journal, and take the month one page at a time.

Any start day
This is 30 sessions, not a calendar month. Begin whenever you want.

About 10 minutes
Set a timer, write by hand, and stop when it stops.

Missed a day?
Continue with the next prompt. Check the box when you finish. Never restart.

This journal belongs to: _____ I started on: _____

WEEK 1 · CHECK-INS

01	02	03	04	05	06	07

WEEK 2 · PATTERNS AND PRESSURE

08	09	10	11	12	13	14

WEEK 3 · SELF-TRUST AND DECISIONS

15	16	17	18	19	20	21

THE FINAL NINE · REVISIT

22	23	24	25	26	27	28

29	30

You showed up for a month. Keep the pages. The habit can stay even if the calendar ends.

WEEK 1 · CHECK-INS

01 ☐ *Why did you start this challenge? Write the honest version.*

02 ☐ *Describe today in ten sentences, exactly as it was.*

03 ☐ *What is taking up the most space in your head this week?*

04 ☐ *List three things you are grateful for and why each one made the list.*

05 ☐ *What is one thing you did today that you would do again tomorrow?*

06 ☐ *Write about a moment this week when you felt most like yourself.*

07 ☐ *Week one check: what has been the hardest part of showing up to the page?*

WEEK 2 · PATTERNS AND PRESSURE

08 ☐ *What situation keeps repeating in your life? Describe the last time it happened.*

09 ☐ *What is draining your energy right now, and what is one boundary that would help?*

10 ☐ *Write about a decision you are avoiding. What makes it heavy?*

11 ☐ *What do you value that your calendar does not currently reflect?*

12 ☐ *What stress from this month will not matter in a year? What might?*

13 ☐ *Write a letter to the person you were five years ago.*

14 ☐ *Halfway check: what has surprised you about your own writing so far?*

WEEK 3 · SELF-TRUST AND DECISIONS

15 ☐ *What do you trust yourself with completely? Where does that trust come from?*

WEEK 3 · SELF-TRUST AND DECISIONS

16 ☐ *What would you attempt this year if you knew you could handle failing?*

17 ☐ *Describe a relationship that makes your life better and what you contribute to it.*

18 ☐ *What does "enough" look like for you: money, rest, recognition, connection?*

19 ☐ *What is a goal you have been carrying that might no longer be yours?*

20 ☐ *Write about your future self one year from now, in the present tense.*

21 ☐ *Three weeks in: what habit, thought, or feeling has shifted since day one?*

THE FINAL NINE · REVISIT

22 ☐ *Reread day 3. What has changed about that worry, and what has not?*

23 ☐ *What did this month teach you about when you write best?*

24 ☐ *What is one conversation you still need to have? Draft the first sentence.*

25 ☐ *What are you ready to forgive, in yourself or someone else?*

26 ☐ *What is the smallest next step on the thing that matters most right now?*

27 ☐ *Write about something ordinary today that deserved more attention than it got.*

28 ☐ *What do you want your journal to hold that your phone never could?*

29 ☐ *If you kept only one prompt from this month, which one and why?*

30 ☐ *Write your own day 30 prompt, then answer it.*