



October Journal Prompts

- 1.) **Write:** October goals
- 2.) **PHOTO:** October Mood
- 3.) **Write:** What are you worrying about right now?
- 4.) **Doodle:** Something orange
- 5.) **FREE WRITE**
- 6.) **Write:** What do you associate with the smell of cinnamon?
- 7.) **Doodle:** Skeleton
- 8.) **FREE WRITE**
- 9.) **PHOTO:** Fall Treat
- 10.) **Write:** This time last year...
- 11.) **Doodle:** Your favorite candy
- 12.) **FREE WRITE**
- 13.) **Write:** Make a list of things you'd like to say no to.
- 14.) **Doodle:** Witch
- 15.) **FREE WRITE**
- 16.) **PHOTO:** Ghost
- 17.) **Write:** Do you like scary movies? If so, which one(s)?
- 18.) **Doodle:** What do you see in your crystal ball?
- 19.) **FREE WRITE**
- 20.) **Write:** Is there a story behind your middle name?
- 21.) **Doodle:** Monster
- 22.) **FREE WRITE**
- 23.) **PHOTO:** A faceless portrait
- 24.) **Write:** What have you always secretly wanted to be for Halloween?
- 25.) **Doodle:** Haunted house
- 26.) **FREE WRITE**
- 27.) **Write:** Have you started Christmas shopping?
- 28.) **Doodle:** Carve a pumpkin
- 29.) **FREE WRITE**
- 30.) **PHOTO:** Costume
- 31.) **Write:** Look back at your anxieties from earlier in the month. How did they work out? What can you learn from them?