



Fall Journaling Prompts

1. What is your favorite Halloween? Do you remember the costume you wore?
2. Tell a short story about Thanksgiving.
3. When the weather changes in the fall, what is the first thing you think of?
4. Talk about some of your favorite fall memories as a kid.
5. What would you put on a fall bucket list if you had one?
6. List 3-5 of your favorite things about fall, and why they are your favorite.
7. What is one goal you would like to complete before the end of the season?
8. What are you most looking forward to in September (October/November)?
9. How do you plan on preparing for winter?
10. Name some self-care activities you want to do this fall.
11. What is a fun activity you want to do with the kids?
12. List 3 outdoor activities for the fall season.
13. Describe your ideal morning routine for fall.
14. Exercise is great for your health. How will you add in more exercise this season?
15. What did you want to do this year, that hasn't been done yet? Can you still fit it in?
16. If you could have an ideal fall season, what would it include?
17. How can you make healthier choices this fall?
18. Have you ever gotten a pumpkin from a pumpkin patch?
19. What is your favorite memory of carving pumpkins?
20. Do you remember your first time going on a hay ride?
21. Name 5 people you are thankful for.
22. List 5 things in your life you are thankful for.
23. If you had one positive mantra for fall, what would it be?
24. How can you give back this fall season?
25. What is the first thing that comes to mind when the season changes from summer to fall?