



Meandering Mind in May

Journal Prompts

- 1 Did you have a favourite teacher? What did they teach you that you still hold true or remember today?
- 2 What would you like to tell any teacher from your past? Would it be positive? Or negative? Why?
- 3 What is one thing you would like to learn this month?
- 4 If you had your own talk show, who would you like to interview?
- 5 What time of day do you do your best thinking?
- 6 When is your most productive time of the day?
- 7 Is productivity (or procrastination) a problem for you? If so, how might you solve it?
- 8 What are you favourite non-productive things to do and enjoy?
- 9 What goals and aspirations do you want to fulfill this month?
- 10 I have been bringing more colours into my journaling. Colours can evoke memories. Have you experienced any occasions where this has happened?
- 11 What are your favourite colours? Why?
- 12 What colour are your thoughts? Describe your thoughts using colours.
- 13 Do you plan to go far away on vacation this year? Or have a staycation closer to home?
- 14 What truly energizes you these days?