



365 Questions???

August

1. What did you have for lunch today?
2. What did you let go of?
3. What is the one thing you want to accomplish tomorrow?
4. What was the last gift you gave?
5. The last time I exercised _____.
6. What did you create today?
7. What memories did you think about today?
8. What is the last risk you took?
9. What made you compromise?
10. Who do you look up to?
11. On a scale of 1-10 my day was a _____.
12. What did the last text message you received say?
13. Do you owe anyone money?
14. What is your own favorite physical feature?
15. What was the worst thing you ate today?
16. I hope no one was looking when I _____.
17. How many miles did you drive/ride today?
18. Who was the first person you saw today?
19. What's your biggest phobia?
20. What was your first full thought this morning?
21. How full is your fridge?
22. What was the last healthy thing you did for yourself?
23. What did you have to wait for today?
24. What did you win?
25. Who had the biggest influence on your day?
26. What can you learn from today?
27. What was the highest point of your day today?
28. Did you pay it forward?
29. What would you like to learn more about?
30. What new TV show do you refuse to watch?
31. How much is a gallon of milk?

Questions For A Journal

Rachel S Tattersall



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