



SUMMER

Seasonal Living Reflections

JOURNAL PROMPTS

Take a moment to pause and reflect on this beautiful season. Let these prompts inspire you to slow down, savour the simple things and live with intention this summer.



1. WHAT DO I LOVE MOST ABOUT SUMMER?



2. HOW DO I WANT TO FEEL THIS SUMMER?



3. WHAT SIMPLE JOYS DO I WANT TO MAKE TIME FOR?



4. WHAT DOES SLOW LIVING LOOK LIKE FOR ME THIS SUMMER?



5. WHERE DO I FEEL MOST AT PEACE IN SUMMER?



6. WHAT NOURISHES MY MIND, BODY AND SOUL?



7. WHAT HABITS OR ROUTINES SUPPORT ME IN THIS SEASON?



8. WHAT SUMMER TRADITIONS DO I LOVE OR WANT TO CREATE?



9. WHAT AM I LETTING GO OF TO MAKE SPACE FOR MORE OF WHAT MATTERS?



10. WHAT NEW THINGS DO I WANT TO LEARN, TRY OR EXPERIENCE?



11. HOW CAN I SHOW MORE GRATITUDE THIS SUMMER?



12. WHAT DO I HOPE TO LOOK BACK ON AND REMEMBER MOST?

May this summer be full of sunshine, good books, long days and beautiful memories.

