

The Last 3 Months – Journal Prompts



Look back over the last three months of your life. Use the following prompts to journal about your experiences. You might want to flip back through your recent journal entries to jog some memories.

Starting Point

1. What period of your life are you looking at?
2. Did you journal regularly through this period?

Home

3. Where were you living for this period of time?
4. How far is this from your hometown?
5. What kind of dwelling were you living in?
6. Did this place feel like home to you?
7. Were you settled or did you feel the need to move somewhere new?
8. Did you share this place with others or were you on your own?

Self

9. How did you generally feel about yourself during this time?
10. Did you discover anything new about yourself?
11. Did you form any habits, good or bad?
12. Were you happy?

Relationships

13. Did you share this period of your life with a significant other?
14. Did you make any new friends?
15. Did you reconnect with any old friends?
16. Was there anyone you met during this time who had a major impact on your life?
17. Were there any major upheavals in your relationships with others?
18. Did anyone bring you to tears?
19. Did someone make you feel angry?
20. Did you miss the presence of someone?
21. Were there any shared moments of pure happiness?
22. Were there any shared moments of pure sadness or pain?
23. Did you feel loved?

Occupation

24. What was your main occupation?
25. Did your occupation earn you sufficient income?
26. Did you enjoy this occupation?
27. How did this occupation impact on your time each week?
28. How did you get from home to your place of occupation each day?
29. Did you make any occupation changes during this time?

Travel

30. Did you travel anywhere, near or far?
31. Did you visit any places that had a strong impact on you?
32. Were there any places that you would like to revisit someday?
33. Were there any places that you would not like to visit again?
34. Did you make any plans for future travels?

Social

35. Did you attend any special events?
36. Did you host any social events?
37. What was the most memorable social event you attended?
38. What was the worst social event you attended?
39. Were there any events that you would have like to attend but could not get to?

Books

40. Did you do much reading?
41. Was there an increase or decrease in the amount of reading you did?
42. What did you read?
43. Was there a particular book, article or magazine that had an impact on you?
44. Did you recommend anything you read to friends or others?

Music

45. Did you listen to much music?
46. Where did you listen to music the most?
47. What song most defines this period of your life?
48. Was there a particular album or singer/band that you listened to more than others?
49. Did you find that your music tastes changed, stayed the same or perhaps returned to an earlier period of your life?

Television

50. Did you watch much TV?
51. Did your television viewing habits change at all?
52. What shows were you most drawn to?
53. Was there anything you watched that had a particular impact on you?

Movies

54. Did you see many movies?
55. What movies did you see?
56. Where did you see these movies?
57. Did you go and see any movies on your own, or were they more social outings?
58. Was there any movie you watched that had a particularly strong impact on you?

Possessions

59. Did you acquire any important possessions during this period?
60. Did you
61. What was your favourite possession?
62. What was your least favourite possession?

World Events

63. What major world events happened during this period?
64. Did any of these events personally effect you?

The Future

65. Did this period of time in your life prompt you to make any decisions for your future?

End Point

66. What are you most looking forward to in the next 3 months?