

AUGUST JOURNALING PROMPTS

1. What is one thing I've been holding onto that I'm ready to release?
2. Why do I think it's been hard to let go of this?
3. What emotions come up when I imagine life without it?
4. Who or what taught me to hold on so tightly?
5. What would I gain by letting go?
6. What would I lose by holding on?
7. What does "letting go" mean to me right now?
8. When have I let go of something and felt free afterward?
9. What does my body feel like when I'm clinging vs. releasing?
10. Write a goodbye letter to something or someone you need to release.
11. What part of my identity is tied to something I should let go of?
12. What's one belief about myself that no longer fits?
13. What story have I been telling myself that I can rewrite today?
14. What does peace look like for me, and what's in the way of it?
15. If I let go of this, what could I make space for?
16. What fears come with letting go, and are they true?
17. What do I need to forgive myself for in order to move on?
18. Who do I need to forgive, even if only in my heart?
19. What habits or patterns am I ready to release?
20. How can I practice surrender instead of control today?
21. Write about a physical space or item you could declutter.
22. What kind of closure do I need, and how can I give it to myself?
23. How has holding on affected my relationships?
24. What would happen if I chose trust over control today?
25. What helps me feel safe when I'm letting go?
26. What is one "should" or expectation I can release today?
27. What is one "what if" I'm ready to stop worrying about?
28. How can I honor my past without being bound by it?
29. What would it look like to fully accept the present moment?
30. Write a mantra for letting go that you can carry with you.
31. What have I let go of this month—and how do I feel now?