**30 day challenge- journaling © Autumn Humphrey**

Day 1: List 10 things that make you really happy

Day 2: Write something that someone told you about yourself that you will never forget.

Day 3: What are your top three pet peeves?

Day 4: Write about someone who inspires you.

Day 5: List 5 places you want to visit.

Day 6: write about 5 ways to win your heart

Day 7: list 10 songs that you are loving right now.

Day 8: share something you are struggling with

Day 9: write some words of wisdom that speak to you

Day 10: write about something for which you feel strongly

Day 11: write about something you always think “what if” about

Day 12: write about five blessings in your life

Day 13: what are you excited about?

Day 14: what is your favorite movie and why do you never get tired of watching it?

Day 15: bullet-point an entire day of your life from the last week

Day 16: write about something you miss

Day 17: write about your zodiac sign, and whether or not it fits you

Day 18: list 30 facts about yourself

Day 19: discuss your first love

Day 20: write about your favorite celebrity

Day 21: What three lessons do you want your children to learn from you?

Day 22: put your music on shuffle and list the first 10 songs

Day 23: write a letter to someone, anyone

Day 24: write about a lesson you’ve learned the hard way

Day 25: Think of any word. Search it on google images. Write something inspired by the 11th image

Day 26: write about an area of your life you would like to improve

Day 27: write about something in your life that is going great

Day 28: list 5 things that make you laugh out loud

Day 29: what are your goals for the next 30 days?

Day 30: what have been your highs and lows for the month?