

BYOJ · BRING YOUR OWN JOURNAL

The 30-Day Journaling Challenge

One prompt a day, written by hand in your own journal. Check off each day below. The writing stays on your pages; this calendar just keeps you moving.

10 minutes

Set a timer. Stop when it stops.

By hand

Pen and your own journal, nothing typed.

Missed a day?

Continue where you left off. Never restart.

WEEK ONE · BUILD THE CHECK-IN HABIT

- 01 ☐ Why did you start this challenge? Write the honest version.
- 02 ☐ Describe today in ten sentences, exactly as it was.
- 03 ☐ What is taking up the most space in your head this week?
- 04 ☐ List three things you are grateful for and why each one made the list.
- 05 ☐ What is one thing you did today that you would do again tomorrow?
- 06 ☐ Write about a moment this week when you felt most like yourself.
- 07 ☐ Week one check: what has been the hardest part of showing up to the page?

WEEK TWO · PATTERNS AND PRESSURE

- 08 ☐ What situation keeps repeating in your life? Describe the last time it happened.
- 09 ☐ What is draining your energy right now, and what is one boundary that would help?
- 10 ☐ Write about a decision you are avoiding. What makes it heavy?
- 11 ☐ What do you value that your calendar does not currently reflect?
- 12 ☐ What stress from this month will not matter in a year? What might?
- 13 ☐ Write a letter to the person you were five years ago.
- 14 ☐ Halfway check: what has surprised you about your own writing so far?

WEEK THREE · SELF-TRUST AND DIRECTION

- 15 ☐ What do you trust yourself with completely? Where does that trust come from?
- 16 ☐ What would you attempt this year if you knew you could handle failing?
- 17 ☐ Describe a relationship that makes your life better and what you contribute to it.
- 18 ☐ What does "enough" look like for you: money, rest, recognition, connection?
- 19 ☐ What is a goal you have been carrying that might no longer be yours?
- 20 ☐ Write about your future self one year from now, in the present tense.
- 21 ☐ Three weeks in: what habit, thought, or feeling has shifted since day one?

THE FINAL NINE · INTEGRATE WHAT YOU FOUND

- 22 ☐ Reread day 3. What has changed about that worry, and what has not?
- 23 ☐ What did this month teach you about when you write best?
- 24 ☐ What is one conversation you still need to have? Draft the first sentence.
- 25 ☐ What are you ready to forgive, in yourself or someone else?
- 26 ☐ What is the smallest next step on the thing that matters most right now?
- 27 ☐ Write about something ordinary today that deserved more attention than it got.
- 28 ☐ What do you want your journal to hold that your phone never could?
- 29 ☐ If you kept only one prompt from this month, which one and why?
- 30 ☐ Write your own day 30 prompt, then answer it.

Want each day paced for you?

The 21-Day Fill Your Journal Challenge puts the prompt and a timer on screen while you write by hand. Guided sessions, optional ambient audio, and mental health prompts reviewed by licensed therapists.

journalparty.com/journaling-challenge