

10 Beautiful Summer JOURNALING PROMPTS



INSTRUCTIONS:

- If you can, get out in nature (a hike, at the beach, lake, under a tree in a park).
- Follow the steps below, answering the 10 summer journaling prompts below for some "deep inner listening".
- Use these questions to reflect on your life, what really matters and consider what you could do differently.

1) Contemplate your life over the last few months:

1. What has been the 'tone', texture or energy of your life experience?
2. What is MISSING? What would you like to be DIFFERENT?
3. What are you NOT acknowledging in your life that needs to be brought into the light?



2) Now, review the nature quotes below before answering:

4. What pearls of WISDOM, INSPIRATION or YEARNINGS do these quotes spark for you?
5. Which quote most RESONATES with you? Why is that?

3) Write out the quotes that speak to you and ponder these questions:

6. WHY do you think you were drawn to these quotes?
7. WHAT do you think the quote is saying to YOU specifically?
8. What are some IDEAS you've been having, of changes you could make in your life—however small?

4) You have deep inner wisdom that recognizes truth & what needs to change:

9. What MESSAGE from these journaling prompts do you most need to pay attention to?
10. What ACTION do you need to take? And what ACTION will you take?

Here are the 7 gorgeous nature quotes to prompt your journaling:

Look at a tree, a plant. How still they are, how deeply rooted in being. Allow nature to teach you stillness.

Eckhart Tolle

The human soul doesn't want to be fixed, it simply wants to be seen and heard. The soul is like a wild animal—tough, resilient and shy. When we go crashing through the woods shouting for it to come out so we can help it, the soul will stay in hiding. But if we are willing to sit quietly and wait for a while, the soul may show itself.



Parker J. Palmer

Look deep into nature and you will understand everything better. *Albert Einstein*

Nature is not a place to visit, it is home. *Gary Snyder*

When I pray, I always thank Mother Nature for all the beauty in the world. It's about having an attitude of gratitude. *Miranda Kerr*

To me, the first step to conscious awareness is understanding how nature intended things to be. It means being aware of our bodies and surroundings and being able to respect the essence of things without needing them to be different—and this includes ourselves. We must understand the magnificence on how the universe intended us to be without needing to change.

Anita Moorjani

Life, life, life! Think of the power that's in the universe! Moving the earth, growing the trees! And that's the same power within you. If you'd only have courage and the will to use it! *Charlie Chaplin* (in 'Limelight')