ONLY IN ARKANSAS JOURNALING PROMPTS

JANUARY

1: FRESH START	8: MOTIVATION	15: INSPIRATION	22: DREAMING	29: SUCCESS
2: REFLECTION	9: POSITIVITY	16: FOCUS	23: TRANSFORM	30: CRISP
3: GOALS	10: RESILIENCE	17: STALE	24: VISION	31: GREED
4: INTERVENTION	11: MINDFULNESS	18: SPARKLE	25: LOST	
5: CLARITY	12: PLANNING	19: PREPARE	26: LION	
6: PURPOSE	13: SNOWED IN	20: BALANCE	27: CRATER	
7: SELF-CARE	14: SURGERY	21: RETREAT	28: HEALING	

FEBRUARY

1: SELF-LOVE	8: DESIRE	15: LOYALTY	22: PINK
2: PRACTICE	9: AFFECTION	16: SUPPORT	23: TEETH
3: PREACH	10: TRUST	17: KINDNESS	24: LIPS
4: SOCIAL	11: HEART	18: ANXIOUS	25: KISSES
5: BOUNDARIES	12: COMMUNICATION	19: LAUGHTER	26: BIG HUGS
6: NURTURE	13: PASSION	20: CONNECTION	27: CANDY
7: MIRROR	14: LOVE	21: CONVERSATION	28: UNITY

		MARCH		
1: RENEWAL	8: MONSTER	15: CLOUD	22: DECLUTTER	29: DISCOVER
2: HUNGER	9: BROOM	16: SPRING BREAK	23: NICKLE	30: SIMPLICITY
3: MONKEY	10: BLOOM	17: ENERGY	24: WANDER	31: MANIFEST
4: LARK	11: BRISTLE	18: CLOVER	25: REBIRTH	
5: FRESHNESS	12: ATTITUDE	19: SNOW	26: FRENCH	
6: ADVENTURE	13: LUCKY	20: SPRING EQUINOX	27: GROWTH MIND	DSET
7: SEEDS	14: GREEN	21: INTENTION	28: COPPER PEN	NY

	APRIL		
8: CURIOSITY	15: NATURE	22: YOGA	
9: IDEAS	16: REJUVENATION	23: THEATER	
10: ART	17: SPA	24: NATURE WALKS	29: MURALS
11: CRANKY	18: RAIN	25: REST	30:
12: DRINK S	19: HARNESS	26: DOVE	ENDURANCE
13: INNOVATION	20: SPRING	27: WALRUS	
14: DISCOVERY	21: MOVEMENT	28: COLLABORATION	
	9: IDEAS 10: ART 11: CRANKY 12: DRINKS 13: INNOVATION	8: CURIOSITY 15: NATURE 9: IDEAS 16: REJUVENATION 10: ART 17: SPA 11: CRANKY 18: RAIN 12: DRINKS 19: HARNESS 13: INNOVATION 20: SPRING	8: CURIOSITY15: NATURE22: YOGA9: IDEAS16: REJUVENATION23: THEATER10: ART17: SPA24: NATURE WALKS11: CRANKY18: RAIN25: REST12: DRINKS19: HARNESS26: DOVE13: INNOVATION20: SPRING27: WALRUS

MAY

1: RIBBON	8: KNOWLEDGE	15: VISION BOARD	22: UNDERSTAND	29: INSIGHT
2: RAINBOWS	9: LISTEN	16: H EA L	23: COOKIES	30: CHART
3: WISDOM	10: RESPECT	17: PERSEVERANCE	24: CHRISTEN	31:
4: MOTHER	11: BRASH	18: STRENGTH	25: FAINT	ACCOMPLISH
5: CHALLENGE	12: CULTIVATE	19: FLOWERS	26: OPPORTUNITY	
6: PATIENCE	13: SELF-AWARE	20: PICKY	27: PRINCIPAL	
7: FIERCE	14: TIMELESS	21: DEW	28: REMEMBER	

		JUNE		
1: EXPLORATION	8: MOOSE	15: RELAXATION	22: POPSICLE	29: SAVORY
2: SUNSHINE	9: HAMBURGER	16: TRAVEL	23: DRUMMER	30: CREATION
3: FENCE	10: GIGGLES	17: INTEGRITY	24: MOUNTAINS	
4: BUCKET	11: ENERGY DRINK	18: SALVATION	25: RENTAL	
5: CROCS	12: MEMORIES	19: WATER	26: SPARKLING W	IATER
6: NASA	13: DRAWING	20. VACATION	27: COMPASSION	
7: PLAY	14: SPONTANEITY	21: INTERTUBE	28: MASCARA	

		JULY		
1: FUN 2: CELEBRATION 3: ENJOYMENT 4: FREEDOM 5: ANTICIPATE	8: INDEPENDENCE 9: FIREWORKS 10: HEAT 11: OCEAN 12: FANCY	15: GENERATION 16: BANDANA 17: REFRESH 18: SODAS 19: CHAGRIN	22: DISNEY 23: PEPSI 24: BLUE WAVES 25: SIZZLE 26: SUNSCREEN	29: READ 30: BEACH
6: SPEED BOAT 7: SUN RAYS	13: HOT DOG 14: UNITED STATES	20: COOLER 21: SHADOWS	27: TOGETHERNES 28: PICNIC	S

		AUGUST		
1: CALM 2: CHAMPION 3: MEAL PLANS 4: MOVING 5: PARENT 6: CLASSROOM 7: TRANSITION	8: QUIET HOURS 9: PLAYGROUND 10: DREAMS 11: BUSHEL 12: APPLES 13: ACCEPTANCE 14: SEASONAL	15: LEARNING 16: COURAGE 17: PIVOT 18: PRESENCE 19: ADAPTABILITY 20: SABBATH 21: WATERMELON	22: PENCIL 23: CONVENE 24: PROGRESS 25: CREATIVITY 26: HIGHLIGHTER 27: VICTORY 28: SCOTCH TAPE	29: LEGACY 30: FAIR 31: FUTURE

SEPTEMBER						
1: HARVARD	8: RHYTHM	15: SIMPLE	22: EQUINOX	29: PATH]	1: ABUNDAN
2: COLLEGE	9: FOOTBALL	16: TOOTHPASTE	23: LIGHT	30: WALK		2: HARVEST
3: BLANKET	10: H EARTH	17: FLOSS	24: SASQUATCH			3: GHOST
4: LEAVES	11: PICKLE	18: BREEZE	25: BOOTS			4: LATTE

		OCTOBER		
1: ABUNDANCE 2: HARVEST 3: GHOST	8: COZY 9: ORANGE 10: FALL	15: SPIDER 16: MUSIC 17: HALLOWEEN	22: LETTING GO 23: AUTUMN 24: CRAFT SHOW	29: RICE 30: GRACE 31: HAUNTED
4: LATTE	11: ELECTRIC	18: SOLITUDE	25: PRINCE	

5: GOLDEN	12: FACTS	19: GRAND	26: MISCHIEF
6: COOL	13: POM POM	20: FIXTURE	27: SWEATER WEATHER
7: SAVOR	14: GATOR	21: SQUASH	28: PATTERNS

5: SCARY	12: MYSTERY	19: TRAIN	26: WATERFALL
6: PUMPKIN	13: SUSPENSE	20: QUIET	27: GOLDENROD
7: PLACEMAT	14: COWBOY	21: PLANE	28: SPOOKY

NOVEMBER

1: GRATITUDE	8: HOST	15: STILLNESS	22: GOODNESS	29: ROOTS
2: MUMS	9: SINUS MEDS	16: CAMPFIRE	23: HOME	30: BLESSINGS
3: IN LAWS	10: PLENTY	17: THANKFUL	24: FEAST	
4: WARMTH	11: REMEMBRANCE	18: MEMORY	25: TURKEY	
5: GATHER	12: TRADITION	19: BOARD GAMES	26: SWEET POTATO)ES
6: GOURD	13: HOMELESS	20: SEASON	27: NATIVE AMERIC	CANS
7: NOURISH	14: HUNGRY	21: PREPARATION	28: PILGRIMS	



	1: ADVENT	8: GENEROSITY	15: MANGER	22: WINTER	29: GIVING
	2: JOY	9: GRINCH	16: HARMONY	23: CANDLE	30: MEASURE
	3: PEACE	10: TREATS	17: TRADITIONS	24: JOURNEY	31: RELEASE
	4: HOPE	11: STOCKING	18: TOGETHER	25: CHRISTMAS	
	5: LOVE	12: COMFORT	19: GRATEFULNESS	26: LEFTOVERS	
	6: DIPMAS	13: TOYS	20: HOT CIDER	27: WHITE ELEPHA	NT
	7: FAMILY	14: GIFT WRAP	21: ANGEL	28: MARSHMALLO	NS
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