



OCTOBER JOURNALING PROMPTS FOR MAGIC AND WONDER



1. WHAT DOES "MAGIC" MEAN TO YOU, AND WHERE HAVE YOU EXPERIENCED IT IN YOUR LIFE BEFORE?
2. WRITE ABOUT A MOMENT THAT FELT ORDINARY AT FIRST BUT BECAME EXTRAORDINARY.
3. WHERE IN YOUR DAILY ROUTINE COULD YOU WEAVE IN A SMALL RITUAL THAT FEELS MAGICAL?
4. WHAT NATURAL ELEMENT (FIRE, WATER, EARTH, AIR) FEELS MOST ENCHANTING TO YOU, AND WHY?
5. RECALL A TIME YOU TRUSTED YOUR INTUITION. HOW DID IT GUIDE YOU?
6. WHAT CHILDHOOD MEMORY STILL HOLDS A SENSE OF WONDER FOR YOU?
7. HOW DO YOU WANT TO BRING MORE AWE INTO YOUR MORNINGS?
8. DESCRIBE AN EVERYDAY OBJECT IN YOUR HOME AS IF IT WERE A MAGICAL ARTIFACT.
9. WHERE DO YOU FEEL MOST ENCHANTED WHEN YOU STEP OUTDOORS?
10. WHAT ROLE DOES MYSTERY PLAY IN MAKING LIFE FEEL MAGICAL?
11. WRITE ABOUT THE LAST TIME YOU FELT GOOSEBUMPS—WHAT SPARKED THAT SENSE OF WONDER?
12. WHAT COLORS FEEL MAGICAL TO YOU, AND HOW CAN YOU INVITE THEM INTO YOUR DAY?
13. DESCRIBE A PERSONAL RITUAL YOU'D LIKE TO CREATE TO HONOR OCTOBER'S SHIFTING ENERGY.
14. WHAT SONG, SOUND, OR PIECE OF MUSIC MAKES LIFE FEEL ENCHANTED?
15. IMAGINE YOUR LIFE AS A STORYBOOK. WHAT CHAPTER ARE YOU IN RIGHT NOW?
16. WHAT ROLE DOES GRATITUDE PLAY IN CULTIVATING EVERYDAY WONDER?
17. WHAT SMALL DETAILS TODAY REMINDED YOU OF BEAUTY OR MAGIC?
18. WHO IN YOUR LIFE EMBODIES A SENSE OF WONDER? WHAT CAN YOU LEARN FROM THEM?
19. IF YOU COULD CAST A SPELL FOR YOUR FUTURE, WHAT WOULD IT BRING?
20. WHAT SEASON OF LIFE DO YOU FEEL YOU ARE IN? HOW DOES IT FEEL MAGICAL?
21. WRITE ABOUT THE MOST ENCHANTED PLACE YOU'VE EVER BEEN.
22. HOW DOES DARKNESS (LITERAL OR METAPHORICAL) ADD TO THE SENSE OF MYSTERY IN LIFE?
23. WHAT ORDINARY DAILY ACTION COULD BECOME A RITUAL IF YOU ADDED INTENTION?
24. WHERE DO YOU NOTICE SYNCHRONICITIES OR SIGNS IN YOUR DAILY LIFE?
25. HOW DOES THE MOON (ITS LIGHT, PHASES, OR SYMBOLISM) INFLUENCE YOUR SENSE OF WONDER?
26. WRITE ABOUT SOMETHING MAGICAL YOU'VE EXPERIENCED THAT YOU CAN'T FULLY EXPLAIN.
27. WHAT DREAM (DAYDREAM OR SLEEPING DREAM) RECENTLY INSPIRED YOU?
28. HOW DOES STORYTELLING—BOOKS, FILMS, MYTHS—HELP YOU SEE THE WORLD WITH MORE WONDER?
29. WHAT DO YOU WANT TO ENCHANT IN YOUR LIFE BEFORE THE YEAR ENDS?
30. IMAGINE YOUR PERFECT MAGICAL DAY FROM START TO FINISH. WHAT DOES IT INCLUDE?
31. WHAT WISDOM DO YOU FEEL IS WHISPERING TO YOU RIGHT NOW?

