Weekly Journal Prompts

from the Fall Equinox to the Winter Solstice

September 22 - December 21, 2025

Week 1

Gather one perfect fallen leaf. Trace its outline in your notebook. Either fill in the space with a realistic depiction of its actual colors, or use the shape as a prompt to crate a colorful abstract inside the lines.

Week 2

Describe therising sun's encounter with the morning mist over a marsh. Do it with words or paint as you prefer.

Week 3

Gather a bundle of late season wild plants and herbs with the intention of burning them after they have dried to invoke their powers for healing, cleansing, and clarity. Describe what you chose and why.

Week 4

Sketch a withered bloom—how does it speak of endings and beginnings?

Week 5

Write a story about migrating birds carrying hopes across continents.

Week 6

Observe a frost line on a a window pane—what story did the cold draw? You can sketch it or wite the story here.

Week 7

Imagine (or find!) a sunny spot in the middle of the shadows of the woods- maybe just besdie a trail. Where could it be a portal to?

Week 8

Write a poem from the viewpoint of a squirrel preparing for winter.

Week 9

Gather acorns; assign each one a name and personality. Use a small felt-tip pen to write thier names on their shells. Leave them somewhere that you find yourself zoing out a lot (like where you brush your teeth). When you visit them, think about their life quests and what befalls them. Write any good stories here.

Week 10

Autmuns are rainy (or they should be!) Describe how a stone feels when the rain's wetness brings out its color and beauty.

Week 11

Write a thankful letter to your closest or most familiar patch of woods for its autumn splendor.

Week 12

Sketch a curled fern frond telling the visual story of the beauty of its curls, curves, lights, and darks.

Week 13

Write something about the process of letting go that the trees experience when they drop their leaves. What do you let go of?

Week 14

Write your five favorite memories or moments that you are grateful for from this summer.