

30-day journaling challenge

prompts that make you think




one prompt per day.

some will make you laugh. some will make you cry.

all of them will make you think.

write for yourself. share if you want.

start journaling at nuuko.app

 ria x nuuko

@ria.dms

your 30 days

check off each day as you go

☐ 01

the version of me nobo...

☐ 02

my most unpopular opin...

☐ 03

the lie I tell myself ...

☐ 04

three things I'd tell ...

☐ 05

my toxic trait I'm wei...

☐ 06

the compliment I strug...

☐ 07

something I pretend to...

☐ 08

the text I'll never se...

☐ 09

someone who hurt me th...

☐ 10

the friendship I outr...

☐ 11

the question I wish so...

☐ 12

a conversation I keep ...

☐ 13

someone who changed my...

☐ 14

my attachment style in...

☐ 15

the dream I'm scared t...

☐ 16

my biggest fear that i...

☐ 17

something I've never t...

☐ 18

the life I imagine at ...

☐ 19

one decision I regret,...

☐ 20

what success actually ...

☐ 21

the worst advice I eve...

☐ 22

a boundary I finally s...

☐ 23

the hill I will die on

☐ 24

something I've complet...

☐ 25

my red flag that's act...

☐ 26

the trend I refuse to ...

☐ 27

what I'm quietly heali...

☐ 28

a hard truth I accepte...

☐ 29

the person I'm becomin...

☐ 30

a letter to whoever re...

01 | the version of me nobody knows

describe a side of yourself you hide from most people.

date: _____

02 | my most unpopular opinion

something you believe that most people would disagree with.

date: _____

03 | the lie I tell myself daily

what do you pretend is fine when it's not?

date: _____

04 | three things I'd tell my younger self

advice, warnings, or comfort you wish you'd had.

date: _____

05 | my toxic trait I'm weirdly attached to

the flaw you haven't fully let go of yet.

date: _____

06 | the compliment I struggle to accept

what nice thing do people say that you brush off?

date: _____

07 | something I pretend to like

where do you perform instead of being honest?

date: _____

08 | the text I'll never send

write it here instead.

date: _____

09 | someone who hurt me that I've forgiven

what happened, and why did you let it go?

date: _____

10 | the friendship I outgrew

who did you drift from? do you miss them?

date: _____

11 | the question I wish someone would ask me

what do you want to be seen for?

date: _____

12 | a conversation I keep replaying

what was said? what do you wish you'd said?

date: _____

13 | someone who changed my life without knowing

a stranger, a teacher, a brief encounter.

date: _____

14 | my attachment style in one memory

what moment reveals how you love?

date: _____

15 | the dream I'm scared to say out loud

what do you want that feels too big to admit?

date: _____

16 | my biggest fear that isn't death

the thing that actually keeps you up at night.

date: _____

17 | something I've never told anyone

this page is just for you.

date: _____

18 | the life I imagine at 3am

describe your late-night fantasy life.

date: _____

19 | one decision I regret, one I don't

two choices, two different feelings.

date: _____

20 | what success actually means to me

forget the world's definition. what's yours?

date: _____

21 | the worst advice I ever took

who gave it? what happened?

date: _____

22 | a boundary I finally set

what changed when you said no?

date: _____

23 | the hill I will die on

your non-negotiable opinion.

date: _____

24 | something I've completely changed my mind on

what shifted your perspective?

date: _____

25 | my red flag that's actually a green flag

the misunderstood thing about you.

date: _____

26 | the trend I refuse to follow

what's everyone doing that you won't?

date: _____

27 | what I'm quietly healing from

name it. that's enough.

date: _____

28 | a hard truth I accepted this year

what did you finally stop running from?

date: _____

29 | the person I'm becoming

describe your future self.

date: _____

30 | a letter to whoever reads this

what would you want them to know?

date: _____



you finished.



30 days of showing up for yourself.

30 days of honesty.

that's not nothing—that's everything.

FINAL REFLECTION

what surprised you about yourself?

WHAT'S NEXT

will you keep going?

keep journaling at nuuko.app

thank you for being here.