

Samhain Journaling Prompts

1. What am I ready to release as this season turns toward darkness?

Think about what no longer serves you, emotionally or spiritually.

2. What has “died” in my life this year? How did that loss change me?

Reflect on grief, transformation, and growth.

3. What wisdom have I inherited from my ancestors or elders?

Consider teachings, family stories, or patterns you've carried.

4. Who or what do I need to forgive—either in this life or beyond?

Explore healing and closure with the living or the departed.

5. What part of my shadow is asking for attention right now?

This could be a fear, insecurity, or habit you've avoided facing.

6. What brings me a sense of safety and comfort as I move inward?

List your emotional hearth—rituals, people, or places that ground you.

7. What seeds of intention am I planting to nurture in the dark months ahead?

Let your inner wisdom guide your intentions for the winter to come.