



50 JOURNALING PROMPTS



1. WHAT IS SOMETHING YOU FREQUENTLY FORGET?
2. WHAT COLOR DO YOU FEEL REPRESENTS YOU?
3. WHAT IS ONE OF YOUR BIGGEST ACCOMPLISHMENTS ?
4. SOMETHING NEW YOU LEARNED TODAY?
5. MY GREATEST BLESSING IS...
6. WHAT IS A FAVORITE COMPLIMENT YOU'VE RECEIVED?
7. WHAT IS AN ITEM YOU FREQUENTLY USE
8. FAVORITE MEMORY THIS MONTH
9. IF YOU CAN GO ON VACATION RIGHT NOW, WHERE WOULD YOU GO?
10. IF YOU COULD WRITE A BOOK ABOUT YOUR LIFE, WHAT GENRE WOULD IT BE?
11. DESCRIBE A MEMORY FROM YOUR CHILDHOOD HOME
12. WHAT IS YOUR FAVORITE WAY TO SPEND A LAZY DAY AT HOME
13. WRITE A LETTER TO YOUR FUTURE SELF
14. WHAT IS SOMETHING YOU HAVE TOLD YOURSELF YOU'D NEVER DO BUT STILL DID ?
15. WHAT WAS THE LAST TIME YOU SPEND WITH NO ELECTRONICS LIKE?
16. WHAT ARE 3 GOALS YOU'D LIKE TO COMPLETE BY THE END OF THE YEAR?
17. WHAT CAUSES YOU THE MOST STRESS?
18. IF YOU COULD HAVE A SUPER POWER WHAT WOULD IT BE AND WHY?
19. WHAT DID YOU EAT TODAY AND HOW DO YOU FEEL ABOUT IT?
20. WRITE ABOUT A DISCOVERY YOU HAVE MADE
21. WHAT IS A MESSY AREA IN YOUR HOME SCHOOL OR WORK?
22. WRITE ABOUT A TIME YOU MADE A STRANGER SMILE
23. WHAT ARE SOME SPECIAL FAMILY TRADITIONS YOU HAVE?
24. IF YOU COULD CHANGE YOUR NAME WHAT WOULD YOU CHANGE IT TO?
25. WRITE ABOUT YOUR LEAST FAVORITE ACTIVITY
26. BEST ADVICE TO YOUR YOUNGER SELF
27. WRITE ABOUT A TIME YOU COMPLETELY LOST TRACK OF TIME
28. WHAT CAUSES YOU TO HAVE BAD SLEEP?
29. WRITE ABOUT YOUR FAVORITE STATIONERY ITEM
30. WHAT IS THE MOST SILLY THING YOU HAVE DONE?
31. WHAT'S AN IMPORTANT QUALITY ANYONE SHOULD HAVE?
32. WHAT WAS YOUR FIRST JOB LIKE?
33. WHAT REQUIRES YOUR ATTENTION TODAY?
34. WHAT DO YOU WANT TO BE LIKE. IN 5 YEARS?
35. DO YOU LIKE TO DANCE?
36. FAVORITE SONG AT THE MOMENT?
37. FAVORITE MOVIE OF ALL TIME AND WHY?
38. WHAT IS SOMETHING MEANINGFUL A FRIEND HAS TAUGHT YOU?
39. DO YOU HAVE A TATTOO?
40. WRITE ABOUT YOUR FAVORITE SCHOOL MEMORY
41. WHAT IS SOMETHING YOU'RE NOT VERY PROUD OF?
42. DESCRIBE ONE ITEM IN YOUR DESK RIGHT NOW
43. WHAT 3 ITEMS WOULD YOU BRING TO A DESERTED ISLAND
44. WHAT IS THE MOST USEFUL TOOL YOU HAVE?
45. WHO HAS MADE SIGNIFICANT IMPACT IN YOUR LIFE
46. DESCRIBE A TIME YOU FELT CONFUSED
47. WHERE WOULD YOU LIKE TO LIVE BUT CANT?
48. HOW CAN YOU MAKE THE WORLD A BETTER PLACE?
49. WHEN WAS THE LAST TIME YOU CRIED ?
50. DESCRIBE YOUR FAVORITE WAY TO UNWIND