



Journal Writing Prompts

FOR PERSONAL GROWTH

- Who are you? Describe yourself in a tweet
- Are you a good friend? How so? Could you do anything to be better?
- If you could change anything about yourself what would it be, and why?
- Write about your first love
- If you could live anywhere in the world, where would it be and why?
- What's a life-altering event that you feel has changed you? What did you learn?
- What would you do if money and others' opinion wasn't something to worry about?
- What's the first memory that comes to mind of your childhood?
- What a story/book you wish someone would write.
- What are the 5 habits you believe you should change? Why?
- If you could tell the future to your teenage self, what would you share?
- Name 21 things that make you smile
- What are three moments in life you'll never forget?
- List 5 favorite quotes and why they impact you
- Who are your top 5 supporters?
- What sets your soul on fire (passions)?
- Make a list of 5 things you'll always say yes to - and explain why.
- Make a list of 5 things you'll always say no to - and explain why.
- What is something you want that you're afraid to get? Why? What can you do to get it?
- What is your favorite Holiday? Why?
- What song resonates with you the most, and why
- List 5 things that drive you
- List 5 things that make you strong
- Do you believe in the Afterlife? Why or why not?
- List the character traits of your childhood idol. Do you share the same ones?

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