

# My Journal Prompts

*Print and tuck away in your journal for that moment  
when the blank page just stares back at you.*

- What lessons did you learn from your mother, father, other family member
- What is weighing on you
- What is bringing you happiness
- Unload your mental script of what you would like to say to somebody or wish you had
- Write about a moment in your past when you totally lucked out
- What do you wish your parents had made you stick with
- Detail how you could improve a relationship
- Write a letter to Santa
- What do you worry about too much and why
- How could I break down a big change into easier baby steps
- Write a letter to a childhood friend you've lost touch with
- Explain your reasons for the last big decision you executed
- Explain your disappointment in something
- Create a casting list of actors and actresses to play the people in your family
- Describe your childhood in one page
- Confess to your part in something
- Describe your favorite past job and why
- Tell the story of the wildest experience you've ever had
- Write a personal ad for a new best friend
- What are your favorite things about this age
- Are you more like your mother, father, another relative
- Describe playing with your childhood friends
- When was the first time you felt all grown up
- Which event from your past would you like deleted and why
- Who in your life makes you feel the best about yourself
- Which of your fears is holding you back
- Write in detail a recent dream or nightmare
- What are you hoping for
- What almost happened in your 20s, what if it had