

JOURNAL PROMPTS FOR MIDDLE AND HIGH SCHOOL

If you could learn a new skill, what would it be?

What would you like your legacy to be?

Where do you feel the safest?

What is one thing you wish you could conquer or overcome?

Think of one of your favorite photos. Describe it. Why is it special to you?

How would you describe yourself to a stranger?

What is your greatest strength?

Name three things you did right today.

When times get tough, I remember that . . .

Tell about a time you needed or offered forgiveness.

What advice do I need to give myself today?

How have I grown in the past month?

Do you believe in “the perfect life”? Why or why not?

List three things you can control and three you can't.

How well do you set healthy boundaries for your life? Explain.

What distractions are keeping you from being your best?

If you could go anywhere in the world, where would you go?

What's your dream for five years from now?

How have you changed in the past year?

What advice would you offer to your younger self?

Is there anything you are holding on to that you know you shouldn't?

If you had 5 minutes and the whole world was forced to listen, what would you say?

JOURNAL PROMPTS FOR YOUNGER STUDENTS

I am very proud of myself because . . .

What does it mean to be a good friend?

How have you changed in the past year?

Describe yourself as an adult.

The most perfect place in the whole world is . . .

One thing that would make the world a better place is . . .

What is the nicest thing you've done for someone?

What is the hardest thing you've ever had to do?

What is your greatest strength?

Name one thing you wish you could do better.

What do you spend the most time thinking about?

What advice would you give to world leaders?

Is it better to be a child or an adult? Why?

Write about three things or people you are grateful for.

What makes you laugh?

Who do you admire?

Name three things you hope never happen to you.

What was one of the best days of your life so far?

Describe the perfect school.

What is the best compliment you have ever received?

What do you love about being YOU?

Who should you say "thank you" to today?

TYPES OF JOURNALS

Art Journal. Use art to journal your feelings.

Gratitude Journal. Be aware of the positives.

Vision Journal. A personal "road map" of your hopes and dreams.

Relationship Journal. Two people write notes to each other.

Travel Journal. Notes from a trip or dream destinations (photos/research)

Goal Journal. Set and track your goals.

List Journal. Best/Worst: movies, foods, places, feelings. Love List. Life List. Quote List. People I Admire List. Places to Go List. Word List. Best Days List.

Idea Journal. A place to write your "aha" moments or great ideas.

Diary. A place to record daily thoughts, record the ups and downs of life.

Envelope Journal. Places for writing and mementos.

Bullet Journal. Tasks. Events. Notes. Priorities. Inspirations.

Mind-Mapping Journal. Topic Circle in Center. Branch out with thoughts to make a map of discovery.

"Write what should not be forgotten." ~ Isabel Allende

Benefits of Journaling

- **Improves writing skills**
- **Builds focus**
- **Provides a safe place to vent emotions**
- **Prompts reflective thought**
- **Helps develop personal relationships**
- **Increases motivation**
- **Enhances communication skills**
- **Lowers stress**
- **Improves mental health**
- **Helps youth set goals and mark progress**
- **Boosts problem-solving skills**
- **Improves self-awareness**

"Fill your paper with the breathings of your heart.

~ William Wordsworth