



JOURNALING PROMPTS

a set of thoughtful questions to
guide your journaling experience

Just Terrific

HANDCRAFTED GOODS



How have you changed in the past year?

What have you learned about yourself?





Describe yourself in three words.

Describe who you want to be in three words.

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What are some of your values?

What matters most to you?





What is something you enjoy doing for others?

What would you like help with? Who can you ask?

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What was one of your proudest moments?

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Recall a moment you were scared to try something new but ended up having a good time.





How do you define friendship?

What makes you a good friend?





How do you kick a bad mood?

What do you do when you need to relax?





Write a letter to the past you.

Write a letter to the future you.





What new skill have you learned recently?

What do you want to learn in the future?





What are some of your biggest fears?

What can you do to overcome them?





Write about a time you were the leader.

Write about a time you were a follower.



What is the nicest thing anyone has done for you?

Write them a note of appreciation.





Write about one piece of advice that
sticks with you today.





What would you like to accomplish by this date next year? What are your long-term goals?

What steps can you take to achieve these?





When you were young, what did you want
to be when you were older?

What is your profession today?





Have you written a bucket list?

Make a list of things you'd love to do,
big or small.





List the people, experiences, and other things
you are grateful for.

Bookmark your page as a reminder.





Describe your earliest memory.





Write about your home and where you live.

Describe the neighborhood where you grew up.





What are some of your favorite hobbies
or activities?

How do you like to spend your time?





If you could have an unlimited supply of anything, what would it be?





What superpower would you most like to have?

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Write about your favorite vacations.





Do you have any daily rituals?
What is your daily routine?

Write about a day in your life.



What was your first job?

What did you learn from it?





Write about a change that's
occurred in your life.

Write about one thing you hope to
change in your future.



Write about something funny that happened
to you that still makes you laugh.





Pay yourself three compliments.

What do you like about yourself?





What are your religious views?

What do you have faith in?





Do you experience “gut feelings”?

What is your intuition trying to tell you?





How do you define personal success?





If you could switch places with someone
for one day, who would you swap with?





If you could change the world,
what would you change?





If you had 24 hours left to live,
how would you spend your day?





Do you have a personal mantra for the year?

Pick one and write about it.





If you could have dinner with anyone,
living or dead, who would it be?





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

Write about your dream vacation.





Do a brain dump.

Set a five minute timer and write down anything that comes to mind.





Write about your pet or favorite animals.





What are your most treasured possessions?

Why are they meaningful to you?





Finish these sentences:

I would like more of...

I would like less of...





What do you want to be known for?

How do you want to be remembered?





Write a list of your favorites, (books, movies, and songs, etc.) followed by the year.





Do you have any pet peeves or deal breakers?





Write about each season.
What do you like and dislike about each of them?





Make a list of random facts about yourself.





What was the best birthday you've ever had?





What is something that excites you?

What is something that worries you?





List your five senses and what they are doing
in this given moment.





If your life was a movie, who would play you
and what would it be about?





Write a quick haiku.

(5 syllables, 7 syllables, 5 syllables)

