

Journaling has been shown to increase creativity, manage anxiety, reduce stress, and help prioritize concerns. You can write about anything. Below are some prompts to help you get started!

1. What is the most beautiful thing you've ever seen?
2. Have you ever been in love? How do you know?
3. What is the hardest truth you've ever learned?
4. What is your greatest dream in life?
5. Does history repeat itself? Why or why not?
6. If someone were to guess what kind of person you are based on your handwriting, what do you think they would predict?
7. Make up an alter ego for yourself. Give them a name, and then describe their qualities, looks, etc.
8. If you could invent one thing to make your life easier, what would it be?
9. Who is your hero? What do you admire about them?
10. What is the greatest lesson you've ever learned?
11. How would you feel if your best friend got something that you've really wanted? How would you respond?
12. Do you prefer to donate time or money to those in need? Why?
13. Do you find it difficult to make new friends? Why or why not?
14. What is the best day of the year? Why is it so special to you?
15. What does your dream house look like? Describe it in detail.
16. Do you remember much of your past? Why do you think that is?
17. What is the greatest gift you could ever receive? What would make it so special?
18. How would you describe yourself to someone who had never met you? Write your description as though you are a character in a book or movie.
19. Do you regularly remember your dreams? Write about your most vividly remembered dream.
20. Write about your most cherished memory of all time.
21. What does it mean to be a good friend? What type of friend are you?
22. Do you think of yourself as a cool person or a warm person? Why?
23. What is the most interesting thing about you? Why? Is it a trait you share with other people, or is it something unique to you?
24. What is the greatest mistake you've ever made?
25. If you could visit one destination in space, what would it be? Why?
26. How old were you when you first knew what you wanted to do with your life? How did that feeling evolve over time?
27. What is your greatest fear? Do you think it is realistic or not? Why?
28. Write about a time when you learned something new about yourself.
29. What is your most deeply held belief?
30. Write about a time when you felt pure joy.