

## 35 JOURNAL PROMPTS-START WRITING TODAY

1. What is a favorite food you enjoyed as a child you no longer enjoy as an adult and why?
2. What is a favorite food you enjoy as an adult you did not like as a child and why?
3. If there is one hobby you could find the time for what would it be? How will you make time to pursue this hobby?
4. If you had a picnic today, what goodies would you find in your picnic basket and how would you describe their taste?
5. Name one personal trait you like about yourself. Why do you like this trait?
6. Name one personal trait you do not enjoy about yourself and steps to change this.
7. If you could go back to one vacation destination without worrying about time or money, where would you go? What is most memorable about this experience?
8. If there is someone you could spend more time with, who would it be? Why are they so special to you?
9. Name three of your most influential role models. What field of work are they in? Do you desire to pursue a similar route? Why or why not?
10. Name one of your most proudest moments in your life thus far and three reasons why this moment stands out.
11. Today watch a television show or movie genre you wouldn't normally watch. For example, if you never watched a documentary, find one and watch it. Describe the feelings evoked from this new experience. Now that you tried this, would this genre become part of your regular viewing habits? Why or why not?
12. What is one sport you enjoy playing? What is one sport you enjoy watching on television? What is the difference between these two experiences?
13. What is one cleaning task you do not like to do? What makes this task so daunting? Name at least two steps you can take to make it more enjoyable.
14. What was one of your hardest school subjects? What made it so difficult?
15. Think of your favorite teacher. Why are they special to you? If you met them today, what words would you tell them about how they impacted your life?
16. If you could have the ultimate dream job, what would it be? What makes it a dream versus putting it into action to become a reality?
17. If you could time travel to any point in time, what period would you choose? How would the amenities of living in this time period differ from the present?
18. What is your favorite holiday of the year? What types of foods do you prepare for this special occasion? How does this differ from any other day of the year?
19. Think of a person you met that randomly fell into your life. What did this person teach you about their life? What did this person teach you about yourself?

## JOURNAL PROMPT IDEAS TO GET THE CREATIVE JUICES FLOWING

# Journal Doodles

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20. Name a color you do not like. What is it about this color that is unfavorable and why?
21. Think of someone special to you. What is it about them that puts a smile on your face? Name two of their special quirks you enjoy.
22. What was your very first job? Name two skills you learned from this job. Do you still use these skills today?
23. Today search for a new word to learn. Write six sentences using this word. Now that you spent so much time on it, will it become part of your vocabulary?
24. Name the planets of the solar system in order. Name one unique attribute of each planet. If you could visit any of the planets which one would you go to and why?
25. Think of a time when you were really disappointed in yourself. How would you approach the situation differently? What did you learn from this experience?
26. If there was one month of the calendar year you could repeat for an entire year which month would it be? What activities do you enjoy most about this month?
27. If there was one famous person you could meet either living or deceased, who would it be? What questions would you ask? If you didn't like their responses, would they still be relevant and important to you?
28. Think of a person that is special to you, but has different viewpoints on certain topics than you have, does this strengthen your connection or weaken? What steps can you take to form a deeper bond of respect?
29. Name one luxury you enjoy having each day such as an automobile, a special beverage, etc. If today was the last day you had to enjoy it, describe how your feelings would change. Would you be able to live without this luxury?
30. What is one song that instantly makes you smile every time you hear it? What is it about this song-the lyrics, the instruments you enjoy? Describe how long you have been listening to this song and if it still evokes the same feelings as the first time you heard it.
31. Name the most bizarre place you visited. What made this place feel out of the ordinary?
32. What was your first car? If you could keep it running for many years would you still have made the same purchase?
33. Name two of your most memorable years of your life thus far. What were some of the highlights of these special years? If you could relive this time period again, what would you have done differently?
34. Have you created a bucket list? If not, do so today. If you have, see how many items you have checked off your list. For the remaining items, write down steps to ensure success.
35. Think of something special you handmade for someone. What was it and how did they react to your sentiment? If you could to it over again, what would you change and why?

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