

Journaling Prompts

There are no rules how you use these prompts. You can read through them and pick one to write on or you can go in order. You can do it in this document, or you can pick up a journal and write with pen and paper. Journaling is a creative practice that feeds your soul and helps you get to know and love yourself. Pick a prompt, write a story around it, dream, fantasize, don't be afraid to write.

The Future

- What are you most afraid of?
- What is the worst thing that could happen? How would you deal with it?
- What is your Plan? Have you had a plan fall spectacularly to pieces? What's Plan B?
- What is your take on soul mates?
- Is there a particular worry that you can't shake? How do you cope with worry?
- When will you be ready for a new relationship? How can you prepare yourself for that?
- Describe your dream relationship.
- Describe your dream man.
- The one big thing I want to do in my life is...
- My career goals are...

Lists

Make a list until you can't think of anymore!

- People you've enjoyed visiting.
- Things you've done that you are proud of.
- Places that you have been and you have a picture of it in your mind's eye
- The people you most admire.
- Books you have read.
- Movies that you loved.
- Favorite songs throughout the years
- Your top five short term goals.
- Your top five long term goals.
- Places you want to go one day.

Confessions

- Nobody knows that I . . .
- Dear _____, it weighs on me that I never told you . . .
- The biggest lie I've ever told is . . .
- Is there anything you feel guilty about? Is there anything you need to be forgiven for?
- What's the worst thing you've ever done?
- What is your craziest fantasy?

- What's your secret desire?
- What's the most outrageous thing you've ever done?

Quotes

Look at the following quotes and write whatever comes to mind when you read them.

- "Just because it hurts. Just because it's really painful, doesn't mean it's not the best thing for you in the long run." — Rosemond Perdue
- "Love is something we give or get; it is something that we nurture and grow, a connection that can only be cultivated between two people when it exists within each of them. We can only love others as we love ourselves. — Brene' Brown
- "If your daily life seems poor, do not blame it; tell yourself that you are not poet enough to call forth its riches." — Rilke
- "Self-consciousness, jealousy, insecurity, anxiety, judgement... are all fear. —Michael Singer.
- "Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tiptoe if you must, but take a step. — Naeem Callaway
- "Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one." — Jane Howard
- "Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy- the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light. — Brene' Brown
- "We cannot become what we want to be by remaining what we are." — Max DePree

The Most

- The most terrifying moment of my life was . . .
- The most fun I've ever had . . .
- The most surprised I've ever been . . .
- The most disappointed I've ever been . . .
- What are you looking forward to the most?

If I Were Not Afraid

- I would go back to school for, or apply for a job to...
- I would live in another city...
- I would follow a dream I once had...
- I would try something I always wanted to do...
- I would write a book about...
- If I were on stage it would be to...

I Am Grateful For

- My body
- My parents
- My divorce
- My children
- These experiences I have had
- These struggles
- These people
- The future

Express Your Emotions

- My saddest memory is . . .
- Some of the things that make me happy are . . .
- How do you deal with anger?
- How easy is it for you to forgive those who have caused you pain?
- Is there someone you wish you could say something too? What is it?
- What is the dominant emotion in your life right now? What do you want it to be?

Rituals and Traditions

- My favorite Sunday ritual . . .
- The Holiday traditions I most look forward to . . .
- Things I always did with my dad when I was small . . .
- Things I always did with my mom when I was little . . .

Ask “If” Questions

- If you could have dinner with anyone currently alive, who would it be?
- If you could meet any fictional character, who would it be?
- If you could change one thing about your present life, what would it be?
- If you could live anywhere you wanted, where would you live?
- If you could go back in time and change one things from your past, what would it be?

Memories From Childhood

- What was your favorite toy?
- Did you ever get lost?
- Who was your best friend in elementary school?
- As a child, what did you want to be when you grew up?

- What was your favorite subject in school?
- Who was your favorite teacher?
- What's your first memory?
- What was your favorite cartoon?
- What book did you read over and over again as a child?
- What is your most vivid memory of the kitchen in your childhood?
- As a child, who was your favorite relative?

Write a Letter

- Write a letter to someone you need to forgive.
- Is there something you're reluctant to tell someone? Write a letter to help you organize your thoughts.
- Write a letter to be read by each of your loved ones after you've passed away.
- Write a letter to your 20 year old self.
- Write a letter from your deathbed to yourself today.

Landmark Events

- Write about your first dance.
- Write about your first crush.
- Write about your first week in college, or work, or in a new city.
- Write about your first job.
- Write about the first apartment you ever rented.
- When did you feel truly independent for the first time?

The Sky's the Limit

- What would you do if you knew you could not fail?
- What would you do each day if money were no object?
- What would you ask for if a genie granted you three wishes?
- What's your wildest dream?
- What would you do if you could live a day without consequences?
- What grand adventure do you wish you could go on?
- If you could become an expert in any subject or activity, what would it be?
- What would your perfect day be like?

You are Unique

- What makes you unique?
- How do you stand out from the crowd?
- What are your best character traits?
- What are you really good at?
- How would you describe yourself?

- How would your best friend describe you?
- What character traits do you need to work on?
- What are some of your idiosyncrasies?
- How do you indulge yourself? Do you need to indulge yourself more often?
- How do you think others see you when they meet you for the first time?

When you complete this journal, is there someone you want to share it with? How about gift it to one day? How will you honor this journal in the future? Think about it and make a plan.