

200 JOURNAL PROMPTS

1. I remember when
2. My happiest childhood memory is
3. My saddest memory is
4. I love the smell of
5. Rainbows are
6. I love(d) when my mother
7. My father always
8. I never
9. I've always wanted to travel to
10. If I had all the time in the world, I would
11. When I think of being in a plane flying above the clouds I
12. Sometimes I think I will never
13. I believe I will always
14. A day of sunshine and blues skies makes me want to
15. I hope for
16. When I feel uncertain I
17. I always feel safe when
18. "Tenderness" makes me think of
19. I've sometimes felt confused by
20. When I feel overwhelmed I
21. There's nothing that calms me like
22. I have occasionally been intrigued by
23. I have a fondness for
24. I am amused by
25. I feel most satisfied about
26. I feel sympathy for
27. I've always been curious about
28. I'm especially eager to
29. I think it's silly to
30. I am most content when
31. I'm always dreading
32. I'm occasionally bitter about
33. I try not to
34. I'm infatuated with
35. I love to listen to
36. I always look forward to
37. I never wanted
38. I'm often concerned by
39. I feel most loved when
40. I am most calm when
41. I adore
42. My proudest moment was
43. One thing I never talk about is
44. I feel I'm missing out on
45. I feel incapable of
46. I sometimes feel trapped by
47. I think forgiveness is important because
48. I always thought that I would
49. I am most confident about
50. I feel most uplifted when
51. I've always wondered
52. I think the color _____ is beautiful because
53. _____ is a life lesson that's always stuck with me because
54. I've always wanted to learn to _____
55. The thing that I do best
56. My best attribute is _____ because
57. I know I shouldn't, but I've always envied people who
58. How do I
59. My heart was crushed when
60. I admire _____ because
61. Today is
62. This week has been
63. I'm looking forward to
64. I can't wait until
65. I simply love
66. The love of my life is
67. I believe in
68. I know this for sure
69. I have no idea why
70. I am passionate about
71. I want more of
72. I trust
73. I've always thought
74. I am most fearful of
75. How can
76. I nearly lost it when
77. What does it really mean to
78. I wish I understood more about
79. I never told
80. When I get angry

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(81 -165)

81. My biggest regret is
82. I'm so glad
83. What makes me really happy in this moment is
84. I wish my life was more
85. I don't ever want to _____ again because
86. I wish people today were more
87. I love to read about
88. I would swim across the ocean to
89. I've always wondered
90. My biggest accomplishment
91. When I turn 80, I want to look back and
92. I don't want to ever
93. I don't like
94. The last time I went walking
95. I love the smell of
96. I love eating
97. The most important thing that's happened in my lifetime is
98. The most important characteristic to have in difficult times is
99. My best feature is
100. What's most valuable to me in life is
101. I laughed so hard when
102. I couldn't believe my eyes the time
103. If I had it to do over again, there are these 3 things I wouldn't change
104. When I look at my life, I see
105. I wish people understood _____ about me
106. It's hard for me to
107. It's easy for me to
108. Ten years ago I could never have
109. When I look at myself in the mirror, I think
110. When I look at my hands, I wonder
111. If I live to be 100, the thing I'll be most proud of is
112. The best thing I did today was
113. The best thing I've ever done for myself was
114. I'm most self-conscious about
115. I love my best friend most for her/his
116. I thank my parents most for
117. I am grateful every day for
118. I am humbled by
119. I want to be more
120. I want to have more
121. I want to do more
122. I want to give more
123. I wish I weren't so
124. I could _____ all day every day because
125. I wish I had more time to
126. I could be a better friend if I
127. If I could add one year on to my life, I would spend it
128. If I could leave this life with one thing, it would be
129. I would be willing to work for the next five years if at the end of that time I could
130. I am most sorry for
131. I am most uncomfortable talking about
132. I wish I was a better
133. I need to stop
134. I need to begin
135. The most outrageous thing I've ever seen was
136. No matter how many times I
137. If I could see into the future
138. If you asked my closest friend, she'd/he'd say I
139. When I'm by myself, I like to
140. If I had one super power I would
141. If I had to live in another country, I'd want to live in _____ because
142. I really love my
143. When I was a kid I would _____. I wish I could do that now because
144. I've always been afraid to
145. If televisions and computers had never been invented, I'd be doing _____ instead
146. I've never been able to
147. I've always wanted to
148. As a kid, I thought I'd grow up and
149. My most precious memory is
150. Whenever I'm sad, I
151. One thing I've never worried about is
152. I could be a better person today if I
153. The one thing that guides me is
154. If I had a choice, I would want to be admired for
155. I choose to surround myself with _____ people because
156. I am uncomfortable doing
157. I am a happy person because
158. My main source of inspiration is
159. I need to let go of
160. I need to get rid of
161. I'm much too embarrassed to
162. If push came to shove I would
163. The one thing I might lie about is
164. It hurts my feelings when
165. When I die

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(166 -200)

166. I would describe myself as
 167. The most important thing I've ever learned is
 168. The opportunity I'm most searching for is
 169. If I knew I couldn't fail, I would
 170. People underestimate my ability to
 171. For me, the meaning of life is
 172. I would work harder if I could
 173. The five people I admire most are
 174. I'm most proud of myself today for
 175. I believe what's holding me back most is
 176. I'm afraid to let people see
 177. I love spending time with
 178. I want to leave the world better by
 179. A word that best describes me is
 180. If I could put a message in a bottle and float it out to sea, I would write
 181. The first thing on my bucket list is
 182. If I were queen for a day, I would
 183. I get all mushy about
 184. If I could be anyone in the world, I would be
 185. My strength comes from
 186. _____ makes me lose my mind
 187. My knees get all wobbly when
 188. I get butterflies in my stomach about
 189. I am most confident when
 190. This time next year
 191. The best gift I could ever have
 192. I am most content when
 193. I get most excited about
 194. I am most motivated to do well when
 195. When I look up into the night sky full of stars, I think
 196. The best day I ever had was
 197. I wonder when I'll finally
 198. It took me a long time to
 199. I want to hide under the covers when
 200. I am at my very best when
- Bonus. I'm beginning to see things differently now because