

75 Journaling Prompts by Elf Owl Publishing

1. What are you thankful for?
2. Write about someone you love.
3. Make a list of what makes you happy.
4. Something you want to remember.
5. Share a favorite childhood memory.
6. Something positive about your day/week.
7. Favorite way to spend a weekend.
8. Where is home to you?
9. What made you laugh recently?
10. If you could wish for anything what would it be?
11. Something you are proud of?
12. What habit or habits would you like to change?
13. Favorite quote and how it inspires you.
14. Why are you stressed today?
15. Something you'd like to purchase?
16. What makes you sad or mad?
17. Are you worried about anything?
18. Things you do well?
19. How could you change something that you are stressed about?
20. Favorite movie and why?
21. Do you have any regrets?
22. What keeps you up at night?
23. How do you show others you care?
24. Something you are looking forward to?
25. Hobbies you enjoy?
26. The nicest thing someone has said or done for you?
27. Describe your perfect day?
28. Something that is easy for you?
29. List those truly supportive in your life.
30. What did you learn this week?
31. Favorite book and why?
32. List your favorite foods.
33. Five weird things you like?
34. Something that scares you?
35. What do you like or love about yourself?
36. If you could travel anywhere, where would you go?
37. How have you changed in the last year?
38. What would you like to learn?
39. Where do you feel safe and loved?
40. A goal or goals you are working towards?
41. Have you received or given a compliment recently?
42. One thing you don't understand about yourself?
43. Describe your dream job.
44. Traits you value most in another person?
45. A project you are working on?
46. List everything that inspires you.
47. Something you wish others knew about you?
48. What helps you to relax?
49. Your top 10 places to visit.
50. What is the one thing you dream of doing?
51. A bad experience you learned from?
52. What would you like to say "no" to?
53. Favorite song and why?
54. Describe the most inspiring person you have met?
55. When was the last time you celebrated?
56. List something wonderful about your best friend.
57. Where would you like to be in five years?
58. Something you wished you had said to someone?
59. What has surprised you most about life?
60. How you helped someone recently?
61. What you love about your family?
62. Do you have any secrets?
63. Describe a lost love/friendship or other relationship?
64. Something you could not give up?
65. The view from where you are sitting?
66. What you love about your life?
67. Things you must do during your life.
68. How would you like to change in the next year?
69. If money were no object what would you be doing in your life?
70. A goal you have reached?
71. Describe a dream that seems impossible?
72. List what makes you smile.
73. What steps do you need to take to achieve your goals?
74. Something or someone that matters most to you?
75. Who would you like to meet?

