

Journaling Prompts

FOR THE WHOLE FAMILY

- If there was one thing about today that you would do differently, what would it be and why?
- Describe what you love about your family.
- What is your favorite memory? Write down as many details as you can remember.
- What is one thing about today that surprised you?
- What is your favorite thing about yourself? What's one thing you want to work on?
- What cheers you up when you're feeling down? Write as many ideas as you can think of.
- Close your eyes and listen to the world around you. What sounds do you hear? Write them down.
- If you could tell your family one thing that's been on your mind lately, what would you say?
- Write about your favorite holiday. Why is it your favorite? What's your happiest memory associated with it?
- Think about one person who makes you feel loved. How do they show you that they care?
- What is one thing you're excited about? Why?
- Have you ever had to have a really difficult conversation with someone? How did you handle it?
- You're stuck in an elevator. Who would you most want to be stuck with? What would you talk about?
- If you could change three things about the world, what would you change and why?
- Someone has just offered you a bus to convert into your own personal hangout space. Describe what you would do to convert it into a perfect space for you.
- Write about a time when you helped a friend with something important.