

WRITING PROMPTS AND IDEAS



Journaling is a very healthy way to express what you are feeling if you're uncomfortable or unable to share it out loud. Sometimes, we feel like we need to get emotions out but are unsure where to start. Here are some ideas of things to write about:

1. What is the best compliment you ever received?
2. What is something you feel nervous about right now? Why?
3. What is something you did that you are proud of?
4. What are three things that you are grateful for?
5. What do you like the most about yourself?
6. Imagine you are 30 years old. Write a letter from your 30 year old self to your current self. What would you say? What advice would you give yourself?
7. Write a letter to someone thanking them for a time when they helped you. (If you feel up to it - read it to them!)
8. When you are having a tough day, what do you do to make yourself feel better?
9. Who do you wish you had a better relationship with, what could you do to make it better?
10. When things seem tough, I want to remember ...
11. Think about a day that would be perfect for you. What does that day look like?
12. Build a playlist of 15 songs that can help improve your mood.
13. What makes you happy?
14. How would you describe yourself? How would a friend describe you?
15. One goal I want to set for myself this month is...
16. What do you feel about your day today? Why?
17. What is something you wished you learned when you were younger?
18. Why is your favorite color your favorite color?
19. When was a time when you were nervous, but everything turned out okay?
20. What pet would you have if you could have any pet, and why?
21. What is one thing you did for someone else this week, and how did it make you feel?
22. List three reasons why you like yourself.
23. What do you hope is different in 5 years?
24. Do you prefer sunny days or rainy days? Why?
25. Write about something you love.