

Journal Prompts

- What's one thing you're most grateful for in this moment and why?
- What's the first thought that pops into your head when you hear "Laughter is the best medicine." ?
- What makes you smile?
- What's your favorite book and why?
- When you see someone crying, what's your first reaction?
- What is the scariest thing you have ever done?
- Finish this sentence. My fondest memory was when....
- What are three foods that you just can't live without?
- What would you most like to be acknowledged for?
- What does forgiveness mean to you?
- What is the greatest challenge you have overcome?
- What's one piece of advice you would give a 5-year-old?
- How do you describe love?
- If you could have three wishes, what would you wish for?
- My favorite thing to do on the weekend is....
- If you could go anywhere in the world, where would you go?
- Where is your happy place?
- What's your favorite word and why?