



According to the University of Rochester Medical Center, keeping a journal **helps you create order when your world feels like it's in chaos**. You get to know yourself by revealing your most private fears, thoughts, and feelings. Look at your writing time as personal relaxation time. It's a time when you can de-stress and wind down.

Below you will find MANY, many **journal prompts**. Check them out, see which ones work for you, maybe print them off and use it like a list to cross off as you complete each one, or cut them into strips and fill a jar with them, and pull one at random! Any way you slice it, journalling is a go-to for self-care and mental health.

Create a list of: Places you've enjoyed visiting.

Create a list of: Things you've done that you previously thought you could never do.

Create a list of: The people you most admire.

Create a list of: Your favourite books.

Create a list of: Your favourite movies.

Create a list of: Your favourite songs.

Create a list of: Your top five short term goals.

Create a list of: Your top five long term goals.

What scares you?

Do you have a plan? Do you need a plan? Have you had a plan fall spectacularly to pieces?

What is your take on soul mates?

Are you a worrier? Is there a particular worry that you can't shake? How do you cope with worry?

Dear Past Me . . .

Dear Future Me . . .

Confession: Nobody knows that I . . .

Confession: Dear _____, it weighs on me that I never told you . . .

Confession: The biggest lie I've ever told is . . .

Confession: Is there anything you feel guilty about? Is there anything you need to be forgiven for?

Confession: What's the worst thing you've ever done?

Confession: What's your secret desire?

Confession: What's the most outrageous thing you've ever done?

The most terrifying moment of my life was . . .

The most fun I've ever had . . .

The most surprised I've ever been . . .

The most disappointed I've ever been . . .

What are you looking forward to the most?

"If your daily life seems poor, do not blame it; tell yourself that you are not poet enough to call forth its riches." — Rilke

"I have always imagined that Paradise will be some kind of library." — Jorge Luis Borges

"Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one." — Jane Howard

"What in your life is calling you? When all the noise is silenced, the meetings adjourned, the lists laid aside, and the wild iris blooms by itself in the dark forest, what still pulls on your soul? In the silence between your heartbeats hides a summons, do you hear it? Name it, if you must, or leave it forever nameless, but why pretend it is not there?" — The Terma Collective

"Art is when you hear a knocking from your soul and you answer." Star Richés

Leaf through a couple of magazines and cut out any images that catch your attention. Use

each one as a prompt.

Look through your photographs and choose a few to write about.

Buy art books that are at a discount and cut them up for images.

Three things you can't go without.

Three celebrity crushes.

Three favourite book characters.

Three favourite things to wear.

Three things you want in a relationship.

If you had to evacuate your home because of a natural disaster, what three things would you take with you?

Three pet peeves.

Three things you'd do if you weren't so afraid.

Three favourite TV shows.

My saddest memory is . . .

Some of the things that make me happy are . . .

How do you deal with anger?

How easy is it for you to forgive those who have caused you pain?

What is the dominant emotion in your life right now?

My favourite Sunday ritual . . .

The Holiday traditions I most look forward to . . .

Things I always did with my dad when I was small . . .

Things I always did with my mom when I was little . . .

If you could have dinner with anyone currently alive, who would it be?

If you could meet any fictional character, who would it be?

If you could change one thing about your present life, what would it be?

If you could live anywhere you wanted, where would you live?

If you could go back in time and change one things from your past, what would it be?

Growing up: What was your favourite toy?

Growing up: Did you ever get lost?

Growing up: Who was your best friend in elementary school?

Growing up: Did you ever run away from home?

Growing up: What did you want to be when you grew up?

Growing up: What was your favourite subject in school?

Growing up: Who was your favourite teacher?

Growing up: What's your first memory?

Growing up: What was your favourite cartoon?

Growing up: What book did you read over and over again as a child?

Growing up: What is your most vivid memory of the kitchen in your childhood?

Growing up: Who was your favourite relative?

Who made you feel good this week?

What was the biggest mistake you made this week?

What did you do this week that moved you closer to reaching your goals?

Is there anything you did this week that you wish you'd done differently?

What did you most enjoy doing this week?

How did you procrastinate on important tasks this week?

What did you learn this week?

What's the funniest thing that happened to you this week?

Write a letter to someone you need to forgive.

Write a letter to someone who believed in you even when you didn't believe in yourself.

Write a letter to be read by each of your loved ones after you've passed away.

Write a fan letter to your favourite actor/actress.

Write a letter to the editor of your favourite magazine telling them what features you would like to see included in the magazine.

Is there something you're reluctant to tell someone? Write a letter to help you organize your thoughts.

Write about your first dance.

Write about your first crush.

Write about your first week in post-secondary school.

Write about your first job.

Write about the first apartment you ever rented.

When did you feel truly independent for the first time?

What would you do if you knew you could not fail?

What would you do if money were no object?

What would you ask for if a genie granted you three wishes?

What's your wildest dream?

What would you do if you could live a day without consequences?

What grand adventure do you wish you could go on?

If you could become an expert in any subject or activity, what would it be?

What would your perfect day be like?

Close your eyes and imagine the kind of world you would like to see. What is it like?

What makes you unique?

How do you stand out from the crowd?

What are your best character traits?

What are you really good at?

How would you describe yourself?

How would your best friend describe you?

What character traits do you need to work on?

What are some of your idiosyncrasies?

How do you indulge yourself? Do you need to indulge yourself more often?

How do you think others see you when they meet you for the first time?

How would you like to make this world a better place? How can you best share your gifts with the world?

What qualities do you want in a romantic partner? What are the top ten characteristics that you look for in a romantic partner?

What are the top ten qualities a friend should have (treats people with respect; listens but doesn't judge; has a quirky sense of humour; is an artist; lives with passion; doesn't sweat the small stuff; is loyal and trustworthy)?

What would make you feel spiritually fulfilled?

What famous world festivals would you like to attend?

Was there anything noteworthy about your mother's upbringing –she grew up in extreme poverty or extreme wealth; she grew up during the Great Depression; she grew up surrounded by artists, philosophers, or politicians; her family moved around a lot when she was growing up; and so on?

Write down three of your father's favourites (it could be his favourite singer, his favourite book or author, his favourite movie, his favourite time of the year, his favourite basketball player, his favourite artist, his favourite meal, his favourite dessert, and so on).

Do you have any famous or high profile family members? If so, write about them.

100 things you love:

You're going to make lists that will add up to 100 things you love. Make sure you give an explanation for each of the things you add to your list. For example, don't just list your favourite restaurants, write down what you enjoy about each one (the warm bread they serve before the meal, the waiter who always remembers your favourite dish, the whimsical decor, and so on).

- 10 Activities
- 10 Restaurants
- 10 People
- 10 Foods
- 10 Games
- 6 Drinks/Beverages
- 4 Desserts
- 10 Paintings
- 10 Web Sites
- 10 Writers
- 10 Famous lines from books/movies