
Journaling

Journaling can be a great activity. Some people journal as a part of their daily lives while other people use it as a tool during difficult or stressful times. Either way, it can be helpful as we sort through our feelings, answer questions for ourselves and/or help document how we felt during or experienced something.

There isn't a right or a wrong way to journal. You can use pen and paper, notebooks, electronic platforms or a folder full of papers. Format isn't as important as practice. Try to journal daily if possible. Don't be hard on yourself if you cannot. You can express yourself with words, pictures, songs, videos, or movement. Journals can be private or shared. Don't judge and be kind to yourself. Consider this something that you are doing for yourself. Make the physical and emotional space for yourself.

Attached you will find a sheet with some "Journaling prompts" Hopefully you will find them helpful as you get started. They are not in any special order.

Here are some other helpful resources:

<https://www.wikihow.com/Keep-a-Journal>

<https://www.journalbuddies.com/>

<https://zapier.com/blog/best-journaling-apps/>

https://www.amazon.com/s?i=aps&k=journals%20&ref=nb_sb_noss_2&url=search-alias%3Daps

Journaling prompts

1. If you had a magic wand what would you use it for?
2. If you could be stuck at home with anyone, who would it be?
3. If you had to eat the same snacks every day for a month, what would you choose and why?
4. It takes two weeks to form a habit. Do you have any new habits you would like to get into? How can you do that?
5. If this was a movie, who are the heroes?
6. What does happy look like?
7. What was your favorite vacation?
8. What is your favorite part of school?
9. What is something nice you want to say to someone when you get back to school/work?
10. How can you help somebody today?
11. What is the best kind of music? Pop? Classical? Hip Hop?
12. How would your teachers describe you?
13. What is your favorite commercial? What do you like about it?
14. Describe a time when you helped a friend w/something important.
15. What is your favorite candy?
16. What is the best memory you have?
17. Describe your favorite pet/animal
18. Something that you are looking forward to about getting older? Why?
19. Write about the best smell you have ever experienced. What memories does it remind you of?
20. Which character from your favorite TV show are you the most like?
21. Why do think your friends like you?
22. If you could have an unlimited supply of anything, what would it be?
23. If you could give one piece of advice to your best friend, what would you tell him or her?
24. Write a poem about your town.
25. What do you do when you're frustrated with someone?
26. If you wrote a book, what would it be about?
27. What is your favorite thing about the summer?
28. What am I grateful for?
29. What are you going to say about 2020 in 5 years? 10 years 50 years?
30. Three things you admire in others