

25 JOURNAL PROMPTS

when you don't know what to write

1. Who is the funniest person you know and why? What makes them so funny?
2. Write about something your parents always used to say.
3. Write about your favorite family tradition growing up?
4. Write about your most memorable family vacation?
5. Who was one of your best friends growing up and why were they the best?
6. Describe a dream you had in the past that you still remember and why it was memorable?
7. What is your favorite TV show and why do you love it?
8. Name a TV character that you wish existed in real life and could be friends with.
9. What was the last argument you remember having with someone. What caused the argument? What could you have done or said differently? Was it ever resolved?
10. If you are married, write your spouse a letter telling them about all of the things you love and appreciate about them. If you do not have a significant other, write a letter to your future spouse telling them all of the things you look forward to doing with them.
11. Do you have a favorite joke? What is it? Why do you love this joke?
12. What is your current favorite song and why?
13. What is your favorite song of all time and why?
14. If you could go back in time and re-do one moment, what would it be?
15. What was your first concert?
16. Name one food you could never give up.
17. Have you ever won a contest?
18. Describe a high school crush and why you liked them.
19. Do you miss someone right now?
20. Is there a friend you lost touch with that you wish you could reconnect with?
21. If you watch the TV show Friends, which character do you connect with most and why?
22. Talk about a guilty pleasure.
23. Describe a time you made a sacrifice for someone else.
24. What is the hardest thing you have ever had to learn?
25. If you could control your dreams, what would you be dreaming about tonight and why?