**Journal Prompts**

Use these journal prompts as a mode of relieving stress, self-discovery, or self-expression. Journaling is an excellent way to manage stress and also learn things about yourself you may not otherwise explore.

1. Make a list of 30 things that make you smile.
2. I really wish others knew this about me…
3. Name a compassionate way you’ve supported a friend recently. Then write down how you can do the same for yourself.
4. Using 10 words, describe yourself.
5. Name 3 positive things that have happened to you this week.
6. Pick a quote and write about its meaning to you.
7. Who made you feel good this week?
8. Is there anything you did this week that you wish you’d done differently?
9. Where would you like to be in a year? By the end of high school? After high school?
10. What is one goal to work on for the next week?
11. What is one goal to work towards by the end of the year?
12. What are some of your strengths?
13. What about yourself would you like to work on?
14. Name a person you admire and explain why you admire that person.
15. What is your favorite song and why?
16. What is your favorite time of day?
17. What quality do you like about yourself?
18. What is your favorite book and why?
19. What is the best advice you ever received?
20. What has been the most fun activity at school so far this year?

**Some of the journal prompts above came from the following websites. Take a look at these websites to find other prompts to choose from:**

<http://psychcentral.com/blog/archives/2014/09/27/30-journaling-prompts-for-self-reflection-and-self-discovery/>

<http://daringtolivefully.com/journal-prompts>

<http://www.robynsonlineworld.com/2012/01/teen-writing-prompts/>