

Journal Prompts 2016

I wanted to journal more. I enjoy writing and sometimes I need a kick in the bum to make myself do it. I thought I'd search out journal prompts.

If you've ever searched for journal prompts you know there are a ton of them out there so my list is just a drop of the same in the bucket of prompts but it's the one that speaks to me.

I pulled together a few of the different ones that I liked and I smashed all together into these monthly lists that work well for me. I've posted them on my blog monthly so that people can play along if they want to.

I'm writing this at the beginning of the year so I can't tell you if I'll be doing exactly this again or something different. I know that I need to continue journaling so stay tuned to my blog if you want to see more of what I'm up to

boogieblather.wordpress.com
spunkeyeclectic.com

-Amy King

There's a couple of things I wanted to note about my version of prompts. You'll see that * and the **.

**Gratitude days. These are all about talking about what you are thankful for. Can be one big thing or a few small things. It's one journal page so focus.*

***Creative writing assignments. These can be about something simple or mundane seeming. If you've read a book that has lovely descriptions in it about something so mundane but it seems wonderful in the author's vision. This is what it is here. For example: your breakfast of oatmeal and coffee might seem simple and mundane but talk about all the flavors, talk about what it means to you, or simply talk about all the minute steps that go into preparation....*

Happy Journaling!

January

1. Goals – Journal about a big one or tell why you don't have them.
2. Journal about a favorite memory of last year
3. Journal about one big change that happened recently
4. Gratitude day*
5. Journal about a few minor goals for the month or year
6. Journal about a special food that you're enjoying right now
7. Journal about a favorite clothing item or accessory
8. Journal about something difficult you're dealing with
9. Tomorrow will be better because _____
10. Journal about the last conversation you had.
11. Journal about breakfast**
12. Journal something about society (ills, goods, changes you've noticed)
13. Tomorrow I will _____.
14. Journal about the weather or just the view outside the window **
15. Gratitude day*
16. Journal about a friend/loved one about what makes them special to you
17. What did you accomplish today?* and **
18. Journal about your favorite tea/coffee/drink right now.
19. What are you daydreaming about these days?
20. What do you need more of? Positive
21. What do you need less of? Negative
22. Journal about your last frivolous purchase.
23. Journal about a current favorite store or website.
24. Journal about a favorite pass-time or time-suck activity.
25. Gratitude day*
26. The best thing that happened today was _____.
27. Journal about a mundane activity as if it was an interesting part of your day**
28. Journal about your last phone or text conversation.
29. What made you smile today.
30. Journal about what brings peace to your life.
31. Journal about one great thing about your job.

February

1. Talk about new goals or something accomplished recently
2. Journal about your favorite drinking vessel (mug, glass, tankard)**
3. What is one thing the world needs more of?
4. Build an entry from a favorite quote
5. Journal about a change you'd like to see in your world
6. Journal about what is stressing you out.
7. Journal about being a morning person or a night owl.
8. Gratitude day*
9. Journal about the best thing you can do for yourself
10. Journal about 5 things you could do less often
11. Journal about 5 things to do more often
12. Journal a favorite book or poem
13. What is your morning routine**
14. What do you want to learn more about?
15. What is your favorite exercise? (squats or sitting on the couch)**
16. Journal about a friend/loved one about what makes them special to you
17. Journal about a favorite movie or play
18. Journal about 5 things you love about you.
19. What are you daydreaming about these days?
20. Journal about something nice someone did for you.
21. Journal about something you don't understand
22. describe the view out of your window. **
23. What is the last thing that made you laugh?
24. Journal about a school memory. (any age)
25. Journal about a destination you'd like to go to
26. The best thing that happened today was _____.
27. Journal about a means of transportation**
28. Journal about someone you admire – in your daily life
29. Gratitude day*

March

1. Journal about one of your greatest victories
2. Journal about the last book read.
3. Journal about your best friend
4. Journal about an inanimate object that makes you happy.
5. Journal about the last piece of mail you received **
6. Gratitude Day*
7. Journal about a moment that changed you
8. What are worries you?
9. Journal about being organized or messy.
10. What makes a hero (in your mind)?
11. Journal about a favorite song or piece of music
12. What did you have for lunch**
13. Journal about a learning experience
14. How do you take care of yourself?
15. How do you take care of others?
16. Journal about what you are working towards
17. What is one good thing you can do tomorrow for others?***
18. Journal about a favorite trip somewhere
19. Journal about someone you'd like to meet
20. Journal about your favorite sweet.
21. Journal about one quality you'd like to improve
22. What is the last thing that you did to make someone else laugh?
23. Journal about a school memory. (elementary level)
24. Journal about a favorite experience
25. The best thing that happened today was _____.
26. Journal about a recent mistake (large or small).
27. Journal about someone you admire – famous
28. Gratitude day*
29. Imagine a short meeting with a person from the past**
30. If you were your own role model, what is one thing you need to do differently?
31. What does spring mean to you?

April

1. What is your biggest dream?
2. Journal about “home”
3. Gratitude Day*
4. Journal about 3 things do you and your bestie have in common
5. Journal about your favorite condiment **
6. What does the word “kindness” mean to you
7. Journal about your decision making process.
8. How are you today?
9. Describe a “perfect” day.
10. What 6 things can you not do without?
11. One thing you need to stop doing
12. One thing you need to start doing
13. April showers bring May Flowers **
14. Journal about a favorite or least favorite pun
15. What word do you over use?
16. What song/piece of music instantly puts you in a good mood.
17. How do you like to be described
18. Gratitude Day*
19. Journal about a recent compliment
20. If you could be anywhere right now, where would that be?
21. How important is fame?
22. Journal about an animal you've recently seen.**
23. Journal about a recent memory.
24. Journal about a the most significant thing that happened yesterday.
25. Journal about a happy moment
26. What is a good motto to live by?
27. Do you prefer cold or warm weather?
28. Base an entry on a quote you identify with.
29. What does “happiness” mean to you?
30. What is your preferred method of communication?

May

1. Journal about something you always forget to pack when traveling
2. Journal about a fictional character you identify strongly with
3. Journal about something you want to let go.
4. Gratitude Day*
5. Journal about your bedtime routine **
6. Journal about something you think most people don't know about you.
7. Journal about something that gets you excited
8. I think everyone needs more of _____.
9. I think everyone needs less of _____.
10. What is the best place to be?
11. What are 5 of the best books you would recommend to anyone?
12. What is your favorite pair of shoes? **
13. Journal about steps to get to an important goal of yours
14. Who is the most inspiring person you've ever met?
15. Gratitude Day*
16. Who is the most inspiring person you've never met?
17. What are a few words of good advice for someone younger?
18. Journal about 5 important things you learned in the last year.
19. Journal about an idea that seemed great but wasn't
20. What are 3 of the best qualities a friend should have?
21. Journal about something you're looking forward to.
22. Journal about patience.
23. Journal about a school memory. (Teenage)
24. Journal about the last time you were on public transportation.
25. Journal about something you're good at
26. Who is your biggest "cheerleader"?
27. How do you focus on a task?
28. Base an entry on a song lyric you identify with.
29. What does "Being Authentic" mean to you?
30. Gratitude Day*
31. The best thing that happened today was _____.

June

1. Journal about any yearly goals completed or steps taken in that direction.
2. Journal about something good that happened last week.
3. Journal about something frightening
4. Journal about a really good idea
5. Journal about something you want to remember
6. Gratitude Day*
7. Journal about a book in your to read list and why it's there
8. Journal about 3 of your best attributes
9. The best thing that happened today.
10. What are 3 of your top priorities?
11. Describe a favorite chair. **
12. What were you doing one year ago today?
13. Describe your dream job.
14. What is the favorite thing about your town.
15. What word do you wish you used more?
16. What song/piece of music makes you teary eyed.
17. Journal about something worth giving up
18. Journal about a way you like to relax
19. Journal about a great skill you have
20. What motivates you when your mojo has gone?
21. Journal about a movie you know by heart.
22. Describe what's outside your window. **
23. Gratitude Day*
24. Today I will be more _____.
25. Journal about a role model
26. What is a favorite memory from childhood?
27. What are you proud of?
28. Write an entry as if you were one of your parents talking about you. **
29. What do you need more of in your life?
30. What were you doing 5 years ago at this time?

July

1. Journal about any new goals for the second half of the year.
2. Gratitude Day*
3. Journal about 3 things that are important to you
4. Journal about something that worries you
5. Journal about something that excites you
6. What is your best trait.
7. Journal about a time of transition in your life
8. How do you feel today?
9. Describe your favorite flower or plant.**
10. What does “trust” mean to you?
11. Journal about a favorite song from childhood
12. Draft a letter to someone special.
13. Gratitude Day*
14. I always _____
15. These are a few of my favorite things....
16. Questions that need to be asked.
17. Favorite music right now.
18. Last book that you read and loved.
19. How are you creative?
20. What would you like less of in your life?
21. Describe the best part of summer**
22. I never _____
23. What is the first step towards realizing a dream?
24. What is a favorite activity?
25. What is a favorite resting thing to do?
26. Journal about your best idea of the week.
27. Gratitude Day*
28. Journal about the book you're currently reading
29. Journal about a TV episode or movie you recently loved.
30. What has changed you in the past couple of months?
31. What is holding you back?

August

1. Gratitude Day*
2. What one thing do you want to learn to do better?
3. What one thing do you do well enough to teach others about?
4. Journal about something excellent that happened recently
5. Journal about something difficult that happened recently
6. Journal about a favorite childhood book.
7. Journal about the last day you spent with your best friend
8. What embarrasses you?
9. Where do you want to be right now?
10. Who is someone you'd like to meet?
11. Gratitude Day*
12. Journal about music that says “summer” to you.
13. Journal about what you want to do tomorrow
14. Journal about someone that loves you
15. What is the favorite food that you cook for yourself or others?
16. Journal about advice you wish you'd never taken
17. The last nice thing you did for someone
18. Best advice you've ever given.
19. Worst advice you've ever given anyone
20. Journal about 5 things that really matter.
21. What are you waiting for?
22. What is something you think everyone should know?
23. Journal about a trip you recently took
24. What is the best part of a really hot day?
25. Gratitude Day*
26. Journal about your favorite meal out.
27. What is something new about you?
28. Journal about one thing on your todo list
29. Journal about someone you're always happy to see
30. Journal about your favorite time of day
31. Journal about your favorite routine.

September

1. What is your favorite part of fall?
2. Journal about where you want to be right now
3. Gratitude Day*
4. Journal about something new you want to try
5. Journal about the favorite "thing" in your work space**
6. Journal about a success from this week
7. Journal about how you met your best friend
8. What encourages you?
9. What is the best advice worth ignoring?
10. What 5 things do you need to pack when you go on a trip?
11. Journal about a celebration
12. What do you do to encourage others
13. What is your favorite party decoration**
14. Journal about something that gives you hope.
15. Journal about a favorite recent meal
16. What is the last library you visited?
17. Journal about the last life road block you encountered
18. Gratitude Day*
19. Journal about an important truth
20. My favorite thing about today was _____
21. What is one thing you worry about that you know isn't worth worrying?
22. Describe what you see out of your window**
23. Journal about a simple pleasure
24. What is the best part of a rainy day?
25. What is your favorite restaurant?
26. What is one thing you wish you could do better?
27. Do you prefer cold or warm weather?
28. Base an entry on a quote you identify with.
29. Journal about 3 good thoughts
30. What is one thing favorite thing in your bedroom?***

October

1. Describe the leaves outside right now**
2. Journal about where you live and why
3. What is the best way to spend a fall evening?
4. Journal about a favorite (or least favorite) sport.
5. What is a big change you'd like to make
6. Journal about your favorite fruit or veg**
7. Journal about the best piece of mail you've received lately
8. Gratitude Day*
9. Journal about your work day ritual
10. What simple thing makes you happy?
11. What is something you think no one knows about you?
12. What is something you hope you never stop doing?
13. What is something you can't stop talking about?
14. What is something you'd like to stop doing right now?
15. Journal about something you'd like to see before the end of the year
16. Journal about 3 things you love about yourself
17. Journal about a favorite childhood toy
18. Gratitude Day*
19. What is one story that captures your imagination
20. Journal about the best thing that happened today.
21. What is your favorite household knickknack?***
22. Is your life as you imagined?
23. What are you reading right now?
24. What is the best part of fall?
25. What is something you think everyone should own?
26. What is your favorite candy?
27. Gratitude Day*
28. What is your top priority today
29. How have you helped someone recently?
30. What is the favorite costume you never wore?
31. Journal about your favorite Halloween

November

1. How are your yearly goals shaping up?
2. Gratitude Day*
3. What don't you share?
4. Journal about reasons to celebrate
5. Journal about a dream that seems out of reach
6. Journal about a dream you will make come true
7. What are you great at doing?
8. Journal about someone that makes your life better
9. What 5 movies are on your hit list?
10. Journal about a celebration
11. What is a tradition you love
12. What is your favorite party dish**
13. Gratitude Day*
14. Journal about holiday plans
15. Journal about being "home"
16. Journal about something that really matters to you
17. Gratitude Day*
18. Journal about a small change you want to make
19. My favorite thing about today was _____
20. Journal about your favorite holiday food
21. Describe what you see out of your window**
22. Journal about an evening ritual
23. What do you do when you're lost
24. What is a silly thing that you really like?
25. Journal about the best kind of laughter
26. Journal about a big change you'd like to make
27. What is the best dessert to share with friends
28. Gratitude Day*
29. What is one favorite piece of dishware?***
30. Do you prefer sun or snow?
31. Journal about 3 things you do well.

December

1. What is your favorite part of the day?
2. Journal about an important person in your life
3. Journal about an upcoming celebration
4. Journal about your least favorite tradition
5. Journal about a tradition you have carried on through relatives
6. Journal about a favorite recipe
7. Gratitude Day*
8. Journal about something you know a lot about
9. What 5 books are on your hit list?
10. Journal about how you hope the year finishes out
11. What is something you procrastinate on
12. Describe what it's like outside your window**
13. Journal about a goal you've achieved
14. Journal about a childhood memory
15. Journal about music to help you relax
16. Journal about one thing you'd like to see
17. Gratitude Day*
18. What is the best kind of surprise?
19. My favorite thing about today was _____
20. What is your favorite household chore?
21. Describe your favorite wrappings**
22. Journal about a virtual gift you'd like to receive
23. What is your favorite thing about winter?
24. What is a piece of advice you'd give to 16 year old you?
25. Journal about what makes you laugh
26. Journal about what you want(ed) to do today
27. What is something in your life that you have in excess?
28. Gratitude Day*
29. How has your life changed since last year?
30. Journal about someone you're always happy to see
31. Journal about a book you want to read