

TeenCentral's 30 Guided Journal Questions

Did someone ever tell you to write down your feelings or to journal your thoughts, BUT you didn't know where to start? **Guided journaling prompts** can help focus your thoughts, be self-reflective, and offer an outlet for ideas and energy. Studies suggest that journaling offers the best outcomes when it is done regularly. Try aiming for ten to fifteen minutes at least two to three times a week. Consider reflecting back upon your previous answers on days you don't want to write. Have fun and find a journal that gets you excited to write!

- 1 What are you grateful for?
- 2 Who do you trust most and Why? Or What makes a good friend?
- 3 What traits do you value most in friends, family, loved ones, yourself? Is one more important than others to you?
- 4 What does this quote mean to you: "What you think, you become. What you feel, you attract. What you imagine, you create." - Buddha
- 5 What significant events (or people) have shaped your life thus far? Explain how or why.
- 6 Have you ever had to have a difficult conversation with someone? How did you handle it? Looking back, would you do anything differently?
- 7 Do you feel compromise is a good thing or a bad thing? Can it be either/both? Explain a time you compromised in the past and describe how it turned out. What did you learn from this experience?
- 8 Do you feel connected to your parents / family members? Is there anything you wish they would do differently? How do they show love/compassion? How would you like to be more like them / less like them and why?
- 9 If you could live in any fictional book, movie, series, or game . . . what would it be and why? What character would you most identify with and why?
- 10 If you could change three things about the world and/or society, what would you choose to change and why?
- 11 What are the first five words that come to mind when describing yourself. How do you think others feel about you? What do you think people should know about you?
- 12 What advice do you give a friend when they are having a hard time? Do you take the same advice when you are feeling badly? Why do you think you do or do not?

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- 13 Write a letter to your future self.
- 14 What are some ways that a person can give back to their family or community without spending money? With spending money?
- 15 What emotions are difficult for you to accept or to feel/show? What makes them difficult? How can you work towards handling/accepting these feelings?
- 16 What is something that makes you feel proud or accomplished? Can you remember a time recently that you felt this way? Describe the day and the feeling.
- 17 I feel hurt / scared when . . . Why do these situations bring up those emotions?
- 18 Name a time that you showed self-control at home, school, with peers? Talk about how that feel and how you felt you were able to succeed.
- 19 Do you have self-defeating thoughts or behaviors? What are they? What do they cost you? Is there a way to reframe or challenge these patterns?
- 20 How do you feel when things seem out of control? What thoughts go through your mind? What behaviors do you tend to show when you feel you have no input? Are there things you can do for yourself when things seem out of control?
- 21 What do you fear? Have you shared these fears with anyone? How does this fear impact your life?
- 22 Do you make excuses or avoid things? Does it get in the way of your progress or your dreams? List some excuses (or things you avoid) that you want to change or eliminate from your life.
- 23 Do you have a negative attitude towards anything and talk about how your attitude toward this has hindered you. How can you change it for the better?
- 24 When times seem tough, I want to remember _____ ?
- 25 What are some songs that help change your mood? How so? Is there a memory attached to the song?
- 26 What makes you smile or brings you happiness and joy?
- 27 What do you look forward to most in the future? Do you have any goals? What can help you along the way?
- 28 Pretend you are packing your bags and leaving tomorrow on the trip of a lifetime! You have all the travel necessities, money, ticket, license, car . . . you name it. Where are you going? Will it be permanent or temporary? Plan it below.
- 29 What is something that went well today / this week?
- 30 Describe perfection. What would be the perfect day?

