

Journal Prompts

ELEMENTARY

WHICH
SUPERPOWER
WOULD YOU
CHOOSE?

WHAT IS YOUR
FAVORITE PLACE
IN THE WORLD?

WHAT WOULD
YOU LIKE TO
INVENT?

WHAT MAKES A
GOOD FRIEND?

WHAT IS YOUR
FAVORITE MEAL?

IF YOU COULD BE
ANY ANIMAL,
WHAT WOULD
YOU BE?

WHAT MAKES
YOU PROUD OF
YOURSELF?

WHO IS YOUR
FAVORITE BOOK
CHARACTER?

WHAT IS YOUR
FAVORITE THING
TO DO WHEN IT
RAINS?

WHAT IS THE
HARDEST THING
YOU'VE EVER
DONE?

WHO IS YOUR
HERO?

WHAT WOULD BE
YOUR PERFECT
VACATION?

Journal Prompts

Middle School

If you could create your own game, what would it be? What are the rules?

What is your favorite room in your home, and why?

If you could fly anywhere you wanted, where would you go?

If television didn't exist, what would you do with all your free time?

How do you feel when you're leaving home on vacation?

Journal Prompts

High School

What are the best and worst things about being a teenager?

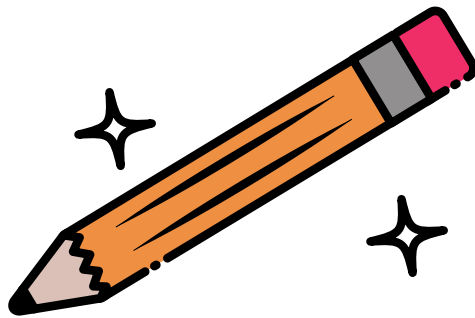
What are 3 things you cannot live without and why?

What do you dream of doing after graduation?

How do you define success and failure?

Do you think college athletes should be paid? Why or why not?

MY JOURNAL



MY NAME

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Month: _____

MY THOUGHTS



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MY JOURNAL

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DREAM LIST



My Dreams



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TO DO LIST



Things To Do

Top 3 Priorities

Top 3 Priorities

Affirmations

Affirmations

A stylized illustration of a tree branch inside a hexagonal frame, located in the bottom right corner of the page. The branch is black and has several small, horizontal, T-shaped leaves or buds. The hexagon has a thick black border and a white inner border. The background of the hexagon is orange.

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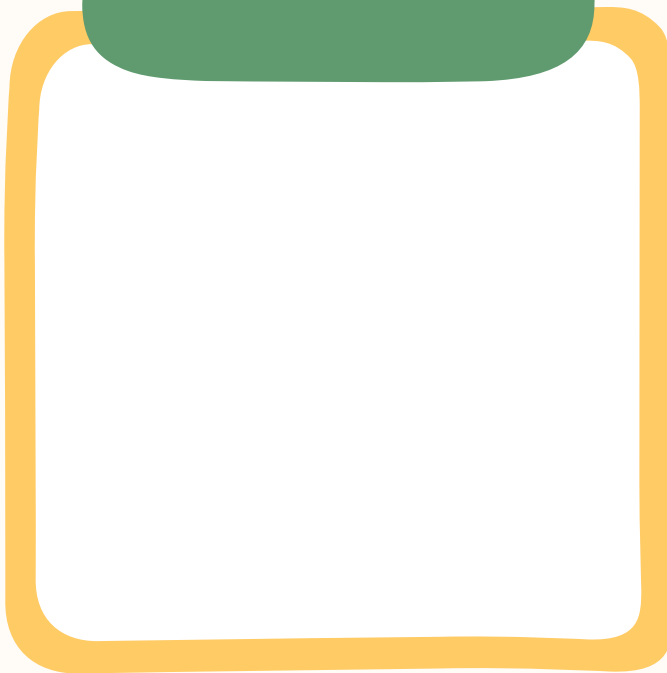
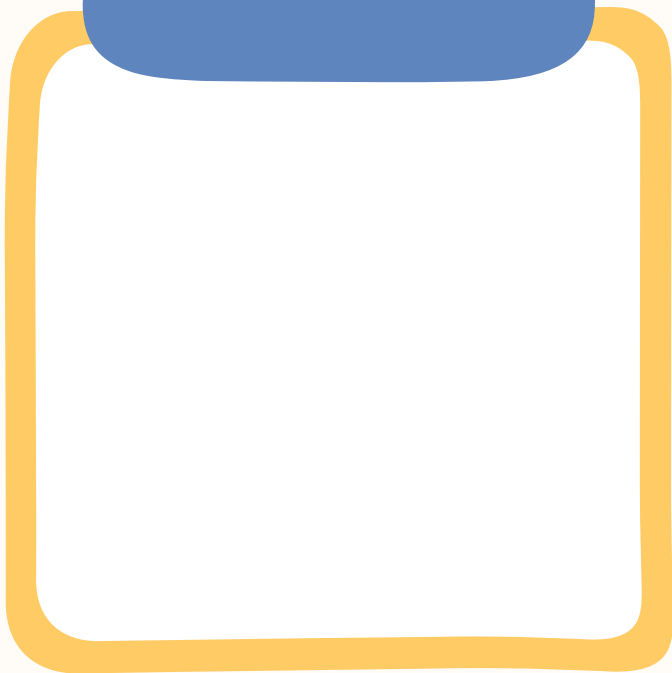
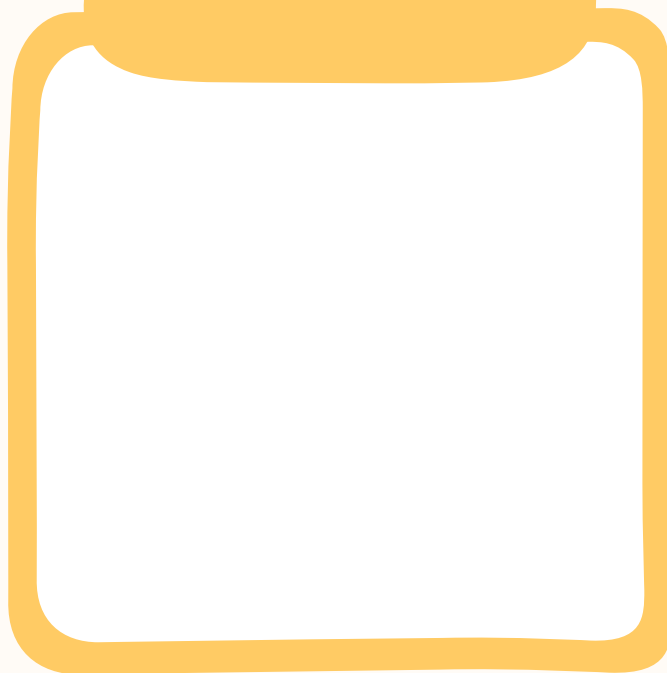
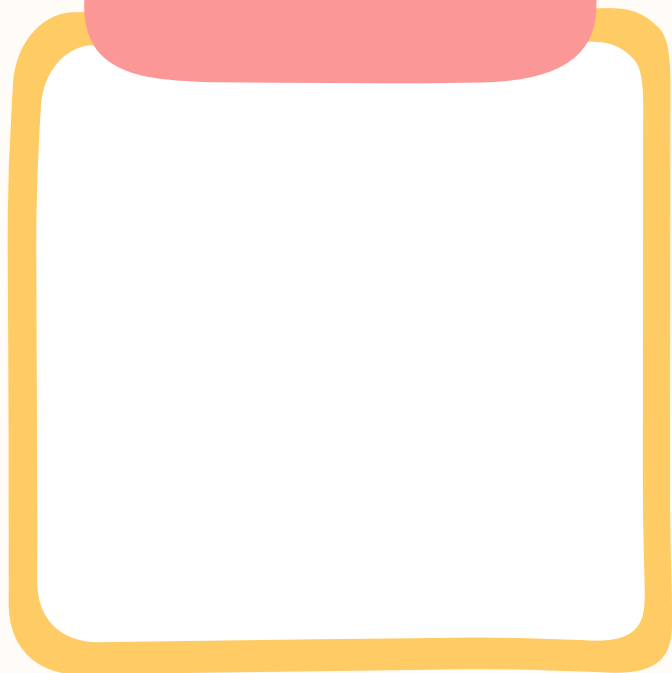
IDEA LIST

Date	Ideas	
		

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Year: _____

WEEKLY THOUGHTS



5 Minute Journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

TODAY I FELT...

TODAY I'M GRATEFUL FOR

Date: _____

Name _____

Journal

A 15x15 grid of dots on a light beige background. The dots are arranged in a uniform grid pattern, with 15 dots per row and 15 dots per column. The dots are small, dark gray circles. The background is a solid, light beige color. The grid is centered on the page.

Date: _____

Name: _____

Journal

Date: _____

Name: _____

Gratitude Journal

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