

Journal Writing Topics

What makes you happy? Share one of your happiest experiences.

How do you feel about yourself at this moment in time?

What talent were you given for which you are grateful?

If you could have anything in the world, what would it be?

Describe an activity that makes you feel good about yourself.

What makes you sad? Share one of your saddest experiences.

Describe a time when you were able to help someone.

What goals do you have for your future?

Share ways in which you have changed over the last few years.

What makes you feel lonely? Share a time when you felt lonely.

Share a time when you were very proud of yourself.

Write about something you strongly believe in.

If you could change something about yourself, what would it be?

What do your friends like about you?

Describe something you want to do and tell why you want to do it.

Tell about the progress you are making in class. What are you learning?

Share your interests and hobbies. What do you like to do?

Write about your best quality.

Share what you want to be. Why do you want to be that?

What do you think makes a good friend?