

## **Journal Ideas / Prompts**

- The town you grew up in
- Your room or favorite place
- Your favorite food or meal
- An adventure with a friend or family
- Your favorite pet or animal
- Your first job
- Your favorite holiday
- Your first car experience
- Your favorite teacher or older person
- How you met your spouse or loved one
- Memories of your children
- Your favorite TV show or movie
- Your favorite song or singer
- Your best friend
- A place you would like to visit
- A experience that makes you laugh or was funny
- The silliest thing you have ever done
- Your hobbies or things you like to do
- Something you saved your money to buy and why
- Something you would change about your life