Journal Ideas

Write about your favorite toy.

Write out the best day of your life.

Invent and describe a new food.

Describe someone who is a hero to you and explain why.

Write about a time in your life when you struggled with a choice and made the right one.

Three goals I have set for myself are...

Write a list of at least 50 things that make you feel good.

Describe the perfect day.  Put in as many details as you can.  Make it a possible day, not a "dream day."

What is your favorite kind of weather?  Why?

If you could do something that you never have done before, what would it be?  Why would you want to do it?

What do you consider your greatest accomplishment and why?

If you could go somewhere where you've never gone before, where would you go and why?

Did you ever stick up for someone?

Did you ever catch fireflies? Crickets? Frogs? Snakes?

Describe learning something from a friend.

Write about a time you gave someone good advice.

Write about the funniest thing that ever happened to you.

How forgiving are you when a friend lets you down?  Explain.  Give an example.

Remember a time when you shared a good laugh with a friend or family member over something fun.

What is something special about you?  Why do you think it is special?

Write about two things that your family has taught you.

How do you know someone loves you, even if he or she doesn't say it?

Write about your favorite sport.

What would be your ideal job when you grow up?  Explain.

What did you do today?

How is the weather today?

What did you wear today?

List all of the things you love.

Write about all of your favorite people and their best qualities. Doodle their names.

Start a doodle and fill the page.

Doodle a big block letter and fill the page with doodles of your favorite things.

Doodle a silly creature.

What did you eat today?

Doodle your favorite flowers.

Grab a book or magazine and open to a random page. Choose the first word you see that you like and doodle it. Repeat until you have filled the page.

Doodle the stars in the sky.

Where do you want to travel?

What music do you like to listen to? List your favorite songs and artists.

Write you're the lyrics to your favorite song.

Write about your favorite moments from today, last week, last month, or last year.