

## Journaling Prompts

1. 5 years from now, what do you see yourself doing?
2. List 3 mistakes you've made and that you intend not to make again.
3. List 5 things that make you special and explain why.
4. Name one thing someone did for you that made you happy.
5. List 5 people who changed your life.
6. Describe an event in your life that has changed you for the better.
7. List 40 things you want to do before you reach (insert age here).
8. Name 10 people in your life and list one quality that you like about them.
9. What was the last thing you did for someone else and how did you feel?
10. Share an unknown fact about yourself that no one knows.