

Journaling Ideas

1. What I love the most...
2. When I'm feeling sad, it helps...
3. My highest hopes...
4. My first crush...
5. What I miss the most...
6. My favorite memory...
7. My saddest memory is...
8. I love...
9. A tough time I made it through was when...
10. In 5 years, my life will...
11. I really want to visit...
12. My favorite song...
13. Nobody knows that I...
14. My favorite ritual...
15. The most outrageous thing I've ever done...
16. The biggest lie I've ever told...
17. The most surprised I've ever been...
18. My first memory...
19. Three things I cannot live without...
20. My wildest dream...
21. I am unique because...
22. I am really good at...