

Personal Journal Topics

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180 Journal Writing Prompts: Enough for Every Day of the ...
22 Thought-Provoking Journal Prompts to Clarify Your Worldview, Increase Your Motivation, and Discover Your Unique Purpose. ... (For me, Desmond Doss is one of my personal heroes, even though I never met him in real life) 4. What is your favorite song/musical piece and why? 5. Or: what music do you regularly listen to and why?

22 Thought-Provoking Journal Prompts to Clarify Your ...
500 Prompts for Narrative and Personal Writing 129.What did you once hate but now like? 130.Does your life leave you enough time to relax? 131.Do you set rules for yourself about how you use

650 Prompts for Narrative and Personal Writing - The New ...
Notes on Journal Prompts journal writing prompts. The journal writing prompts on this page are grouped into the 4 quarters of a standard academic year. You, of course, may choose to use any of these at whatever time you like. There are eight graphics on this page to serve as general visual bookmarks.

500 Prompts for Narrative and Personal Writing - The New ...
52 Weeks of Self-Discovery Prompts for Your Bullet Journal| How well do you really know yourself? Have you ever taken the time to listen to what your life is telling you about your true nature? It ' s okay if you haven ' t. Few of us ever make time for intentional self-discovery. ... Ask meaningful, personal questions. Interview yourself.

31 Personal Growth Journal Prompts • JournalBuddies.com
Journaling has totally transformed my life. Here are 6 journaling ideas that might change yours too. ... Today, I ' m going to share some of my personal favorite journaling ideas. You can use them all, combine the ones you like, or pick the single journaling idea that most resonates with where you ' re at in life right now. ...

101 Powerful Journal Prompts (+ How to Choose the Right One)
Personal Growth Journal Prompts for Kids. How do you define personal growth? After defining the word, write about why it is important for people to strive to improve themselves. Write about a time when you were unhappy with the way you responded to a particular situation. Then, explain what you would do now if you encountered a similar situation.

50 Questions to Start Your Personal History | TextMyJournal
About C. Loran Hills. Loran is a travel guide on the spiral journey of life. Her business, Loran ' s Heart, is filled with journaling prompts, nature photographs, and inspirational products to help you grow and develop spiritually.Her e-course, The Seeker ' s Journey, will take you on the quest to discover and manifest your inner truth.

Journal Writing Prompts for Depression and Anxiety ...
Do you have a personal history? Me neither. Except what I ' ve been journaling the last few years. I don ' t really consider it a personal history, but that ' s exactly what it is. Historically, this is one of the most important reasons people have kept journals. Right? Think about it – a journal is really just an account of your life.

500 Prompts for Narrative and Personal Writing
Every school day since 2009 we ' ve asked students a question based on an article in The New York Times. Now, five years later, we ' ve collected 500 of them that invite narrative and personal writing and pulled them all together in one place (available here as a PDF).. The categorized list below touches on everything from sports to travel, education, gender roles, video games, fashion, family ...

35 Topics for Journal Writing • JournalBuddies.com

If one of these journal ideas inspires you with a different prompt idea, then write about that! Prompts to Get You Started (21 Prompts) These prompts have two purposes: To get you used to writing down your thoughts. These journal topics aren't too serious/personal, so beginners won't feel intimidated by them.

6 Journaling Ideas for Self-Development and Self-Discovery

If you are at a loss for what to write in a daily journal, then try to start naming some of the goals that you have for your life. To help you maintain this path, you can write about some self care ideas you want to try. Writing about self care can sometimes have partial effect of making you feel better.

52 Weeks of Self-Discovery Prompts for Your Bullet Journal ...

I hope you found these journaling prompts for depression and anxiety useful. I usually keep this list by my bed and I'll use a couple of the prompts and write in my journal each night. On nights when I don't feel like I have anything to write about I find the prompts really helpful.

59 Journaling Ideas: What to Write About in a Daily Journal

Here is a PDF of all 650 prompts, and we also have a related lesson plan, From 'Lives' to 'Modern Love': Writing Personal Essays With Help From The New York Times.. Below, a list that ...

Five Personal Journal Prompts | Writing Forward

I often include different journal prompts on Weightless because I think it's key to continually maintain a dialogue with ourselves. It's part of building a healthy relationship, or rather a

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Below you'll find 119 journal prompts for your journal jar. Sunday Scribblings. Sunday Scribblings is a site that posts a writing prompt every Saturday. The idea is that on Sunday you create a piece of writing inspired by the prompt, post it on your blog, and leave a comment on the "Sunday Scribblings" site letting them know that you've ...

23 Insightful Journal Prompts Perfect for Self-Reflection ...

This all-new set of 35 topics for journal writing is designed to serve anyone from age 12 and up into adulthood—which means it's suitable for use in your middle school, high-school, or post-secondary classroom, or simply for your own personal use.

30 Journaling Prompts for Self-Reflection and Self-Discovery

Sometimes journaling is hard, especially if you don't have any IDEAS. Which is why I've put together 23 insightful journal prompts perfect for self-reflection. I've also included a free printable, perfect for inspiring your writing ideas when offline!

119 Journal Prompts for Your Journal Jar

Surely, journal entries can be more than simply recounting the events or routine of each day. Journal prompts provide ideas for topics that you can use to inspire a journal writing session. Today's journal prompts are ideal for diarists who sometimes get stuck and can't think of anything to write about.

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