

02 / february journaling prompts

- 01 Write down your fondest memories to do with a childhood pet.
- 02 What has been your most poignant experience with loss?
- 03 Describe your first overseas trip and how you felt.
- 04 Write down five things about your father that you always want to remember.
- 05 How are you feeling about this year?
- 06 Where do you want to live when you are old?
- 07 What are the qualities that you value in a friend?
- 08 What do you remember about falling in love for the first time?
- 09 What were you scared of when you were little?
- 10 What do you usually do when you feel sad or down?
- 11 Describe your childhood home(s).
- 12 How do you currently like your coffee?
- 13 What is something that you like to do to relax?
- 14 What do you most look forward to about growing old?
- 15 How has life changed for you in the last year?
- 16 Describe a moment from today that you want to remember always.
- 17 What are you struggling with the most right now?
- 18 What do you see outside your bedroom window?
- 19 What is something that frustrates you?
- 20 What is family life like right now?
- 21 Describe a time when you felt like life was spinning out of control.
- 22 What's something that you're currently excited about?
- 23 What made you laugh today?
- 24 What are you watching on television these days?
- 25 What are three things from this past month that have been surprising?
- 26 What are three things from this past month that you're thankful for?
- 27 How are you feeling today?
- 28 What is your favourite thing about Friday nights right now?

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