

# 04

## /

# april

# journaling

# prompts

- 01 What are some things that you've bought recently?
- 02 What are some things that you've made recently?
- 03 Write about three friendships which you've made online.
- 04 What did your family used to do on weekends when you were little?
- 05 What makes your heart ache?
- 06 How did you get to school when you were little?
- 07 What makes you laugh out loud?
- 08 Who were your favourite musicians when you were a teenager?
- 09 Have you recently argued or disagreed with anyone?
- 10 How would you describe your family?
- 11 What are you thankful for right now?
- 12 Write down everybody in your entire extended family.
- 13 If you could only keep ten items of clothing, what would they be?
- 14 Describe something that you've kept from your childhood.
- 15 Who was your first sweetheart?
- 16 What is something that you've been struggling with this month?
- 17 Write down all your hobbies.
- 18 What makes you jump out and shout for joy?
- 19 Who was your favourite teacher from school?
- 20 What did you like to buy from the school canteen?
- 21 What are three lessons that you've recently learnt?
- 22 What is your idea of the perfect evening?
- 23 Describe your relationship with your father.
- 24 What are two things you would like to change about the world we live in.
- 25 What is something that you're scared or anxious about right now?
- 26 Do you feel loved?
- 27 What are three things from this past month that have required attention?
- 28 What are three things from this past month that has been heartwarming?
- 29 How are you feeling today?
- 30 What is your favourite thing about Sunday afternoons right now?

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