

Junk Journal Prompts

1. *List 6 things you're grateful for.*
2. *Write the lyrics to your favorite song.*
3. *A day in your life:*
 - a. *Print a selfie.*
 - b. *Attach receipts of any purchases*
 - c. *What did you eat?*
 - d. *What did you do?*
4. *Draw a picture of a new breed of animal. Name it and what annoying and loving characteristics it has.*
5. *What were the trends when you were 10 years old. List in marker.*
6. *Describe your perfect vacation:*
 - a. *Where would you go?*
 - b. *Who would you take?*
 - c. *What would you do?*
 - d. *What would you eat?*
7. *Doodle/draw 10 flowers in pencil. Give them Disney character names.*
8. *Write about a person who plays an important role in your life and explain what makes them so special.*
9. *If you had a magical power, what would you like it to be and why?*
10. *What is the best thing you've ever eaten? Describe in great detail so someone else could imagine how it would taste and what it would look like.*
11. *List 7 things you're grateful for.*
12. *What did you do today?*
13. *Write 20 words that start with the letter "R".*
14. *3 Fun facts about butterflies.*
15. *What is your dream job?*
16. *What is your favorite dish to make?*
17. *Describe your most memorable soccer (pick a sport or activity) game?*
18. *Make a list of 10 affirmations that will lift your mood.*
19. *What do you value most in relationships (trust, respect, honesty, sense of humor, etc)?*
20. *Write down your ultimate way to relax.*
21. *Name 10 places you would love to see.*

22. *Describe your dream vacation. Write about a road trip you would love to take.*
23. *What does love mean to you? How do you recognize it in a relationship?*
24. *What boundaries could you set in your relationships to safeguard your own well-being?*
25. *What is a memory that always makes you smile?*
26. *Who is the person you would like to travel with the most and why?*
27. *If you could go back in time, where would you go?*
28. *Name a challenge you have overcome and how it helped you grow.*
29. *What would you do if you were granted 3 wishes?*
30. *What 5 things are you grateful for this week?*
31. *Add some more items to your bucket list...if you don't have a bucket list, start one.*
32. *What is the most exhilarating thing that has happened to you this year?*
33. *What do you appreciate most about your personality?*
34. *Write about your day in bullet point.*
35. *What do you most want your children (or future children) to learn from you?*