

Journaling Prompts

13 Journaling prompts for teens or young adults to help with focusing on the positive and gratitude.

Journaling Prompts

[] 5 small things I am grateful for this week

[] Favorite childhood memory

[] The person who inspires me most

[] When I feel most energized

[] What peace looks like to me

[] My ideal life in 10 years

[] My favorite song and why I love it

[] My safe place

[] My best friend and why they are great

[] I feel most creative when...

[] Something I want to learn more about and why

[] The time I felt most calm

[] The most fun I have ever had
