

Teens

30 JOURNAL PROMPTS FOR TEENS

NAME _____ DATE _____

- 1 What song have you had on repeat lately, and what do you like about it?
- 2 Describe your ideal Saturday, from the moment you wake up to the moment you fall asleep.
- 3 What is an inside joke with your friends that would make no sense to anyone else, and how did it start?
- 4 Which app do you open first when you wake up, and how do you usually feel after a few minutes on it?
- 5 Name three people you could text right now if you had good news. Who would you text first?
- 6 What is one thing you could do between classes today that would make the day feel a little more like yours?
- 7 What class or subject feels easiest for you right now, and why do you think that is?
- 8 If your room could talk, what would it say about you?
- 9 What is something you learned this week that wasn't part of any lesson?
- 10 Which emoji best matches your mood today, and what put you there?

- 11 What is a compliment someone gave you that you still remember?
- 12 Write about one thing you did today that you're a little proud of.
- 13 What is a habit you picked up from someone in your family without meaning to?
- 14 Think about a friend who makes you feel more like yourself. What do they do or say that helps?
- 15 Which posts leave you feeling good when you scroll, and which leave you feeling worse? What do the ones in each pile have in common?
- 16 What would a whole day without your phone look like? Which parts would be hard, and which might be a relief?
- 17 Describe a time a teacher or coach said something that stuck with you. Why did it land the way it did?
- 18 What is something you wish the adults in your life understood about being your age?
- 19 Which part of your school day drains you the most, and what is one small change that might make it easier?
- 20 What do you argue about most at home, and what do you think the other person is really worried about?
- 21 Write about a time you changed your mind about someone. What made you see them differently?
- 22 Where do you notice stress in your body, and what usually helps you settle down?

23 If you could change one rule at your school, what would it be, and what would you put in its place?

24 Describe a group you belong to, like a team, club, friend group or online group. What do you get from it, and what does it ask of you?

25 What do you usually do when you feel left out? Is there anything you wish you did instead?

26 Who in your family do you feel closest to right now, and what makes that relationship work?

27 What is one thing you want to get better at this year just for you, not for a grade or anyone else?

28 Write about a friendship that changed or ended. What did you learn from it, and what do you still miss?

29 Which parts of you stay the same at school, at home and online, and which parts shift? Why do you think that happens?

30 Write about a time you went along with something you didn't agree with. What would you do if it happened now?