

20+ Things to Write About in Your Journal

How you emotionally feel and why

How you physically feel and why

What your hopes are for the future

Ways you might amend/fix any mistakes you have made in the past

How you are doing in the different life spheres: school life, home life, friendships, financial health, mental health, physical health, spiritual health, artistic/musical/literary/creative happiness, and general, overall happiness

What you like about yourself

What you like about others

What you like about school

What you like about the world

What you would like to fix about yourself, others, the school or the world

What you love to do and why

What you loathe doing and why

What you love to eat, cook, prepare for others and why

Your favorite holidays and why they are so special

Your favorite pastimes and why they are so special

A detailed description of your favorite place

A letter to the creator of your favorite video game, movie, book, iPhone app, blog, clothing line, song...

An unsent letter to someone you are angry with, and then afterward an actual letter that you might send, but only if it is wise to do so – if it will likely yield the results you want

A letter to a hero of yours, either unsent or sent

Something from the Writer's Workshop list

Others: