**100 Things to Journal**

1. The 25 best things about me…
2. My favorite color is because…
3. My favorite place in the whole world is…
4. The thing that makes me happiest is…
5. The thing I wish other people would get about me is …
6. The thing that makes me the saddest is…
7. My idea of a perfect day is…
8. People misunderstand me when…
9. I love…
10. If I were a superhero I would be \_\_\_\_\_\_\_ and would try to…
11. Friendship to mean means…
12. I find joy when I …
13. The best way to show someone you love them is…
14. I feel loved when…
15. I plan to grow spiritually this year by…
16. I deserve to be treated…
17. I sometimes allow people to talk me into… even when I don’t want to because…
18. The greatest lesson I have been taught is…
19. I believe my future looks…
20. 5 years from now, I plan to …
21. 10 years from now, I plan to …
22. My ideal occupation is…
23. The 3 most important goals that I have right now are…
24. I am determined to…
25. Write a poem entitled “Tomorrow” …
26. If I won a $1,000,000 lottery what would you do with the money?
27. My ideal vacation would be…
28. 100 years from now…
29. List 10 things that describe summer
30. List 25 things that would make you happier if they happened tomorrow.
31. I am the one who…
32. My first memory is…
33. My wildest dream vacation is…
34. If I were in the circus I would be…
35. I believe…
36. Describe a person you admire.
37. I can…
38. Sunshine makes me feel…
39. The most amazing thing I’ve ever seen is…
40. I’m thankful for…
41. What do you want the most out of life?
42. What are the characteristics of a hero?
43. What do you think of people who use profanity in public?
44. If I were famous, I would…
45. I wish I were there when…
46. If I were a fish in the ocean…
47. My favorite places.
48. My least favorite places.
49. How a puppy feels.
50. My ideal day is…
51. Is it better to give or to receive?
52. If I had three wishes I would…
53. My most embarrassing moment is (or would be)…
54. Where would I go in a time machine?
55. Describe a rainstorm from above the storm clouds.
56. Write from the perspective of a mouse going down a hole.
57. Describe a rainbow to a blind person and do it so that the blind person can say without a doubt that they have SEEN a rainbow!!!
58. What was your favorite meal?
59. What does snow feel like?
60. What does squishing sand through your toes feel like?
61. Write a letter to yourself 1, 3, 5, 10, or 20 years from now.
62. Write a thank you letter to your favorite teacher.
63. If I could be anything in this world, I’d be…
64. If I could be anywhere in the entire UNIVERSE, I’d be…
65. Write about the taste of peanut butter, how it smells, and how it looks.
66. How would you feel as a passenger in a spaceship on the way to the Moon?
67. How can you make friends?
68. How do you keep your teachers happy?
69. Describe Sundays at your house.
70. Observe at least 5 things you see happen on your way home from school/work and write about them.
71. Describe a place from your past.
72. Describe your concept of luxury.
73. Describe a family member.
74. Describe sloppy.
75. Describe your ride home.
76. Nothing can be worse than…
77. Write about your strengths and weaknesses.
78. Describe the most comfortable spot you can find.
79. The problem is\_\_\_. And this is what I plan to do about it…
80. The joy of today is…
81. Without thinking too much, answer the following question: What is the most present thought on my mind right now, and what does it mean?
82. Write a letter to a childhood friend.
83. Sit in a coffee place with your journal open and write down interesting snippets from other people’s conversations.
84. Without thinking too much, answer the following question: What is the most present thought on my mind right now, and what does it mean?
85. Write a letter to a childhood friend.
86. Sit in a coffee place with your journal open and write down interesting snippets from other people’s conversations.
87. 10 things about myself I never told anyone.
88. 10 things I would like to do before this year ends.
89. The 10 things I love the most about my life.
90. 10 titles of books I could write.
91. 10 things I would love to say yes to.
92. 10 new things I learned this week.