

KID PROMPTS

DAY 1

I love myself because...

DAY 2

One of my best qualities is...

DAY 3

The quality that I admire most in my best friend is...

DAY 4

I'm a great friend because...

DAY 5

Someone I really admire in my life is (BLANK) because they are...

DAY 6

My favorite activity is (BLANK) because...

DAY 7

When I grow up, I hope to become a (BLANK) because...

DAY 8

Something that makes me incredibly happy is...

DAY 9

Something that makes me angry or sad is...

DAY 10

What is something I wish people knew about me?

DAY 11

A skill I want to learn is...

DAY 12

My best friend is (BLANK) and they always make me feel...

DAY 13

The greatest gift I've received was (BLANK) . I loved it because...

DAY 14

Who would I love to meet someday? Why?

DAY 15

When I'm saying kind things about myself, it sounds like this:

DAY 16

What was the best thing that happened this week?

DAY 17

How have I changed since this time last year?

DAY 18

Do I believe anything is possible? Why or why not?

DAY 19

One mistake I made that I can learn from is...

[example: I once used too much sugar when I was baking cookies and boy were they sweet. I learned that it was important to pay attention to how much I was measuring.]

DAY 20

Where would I like to travel to someday and why?

DAY 21

My absolute favorite game to play with my parents/grownups is...

DAY 19

How do I see myself?

DAY 20

How would I describe myself to others?

DAY 21

How would I want others to describe me to a stranger?

DAY 22

I am really confident in my ability to...

DAY 23

Something I'm learning and working on right now is...

DAY 24

What is something I'm most excited about right now?

DAY 25

I am really confident in my ability to...

DAY 26

Something I'm learning and working on right now is...

DAY 27

What is something I'm most excited about right now?

DAY 28

What kind of friend do I want to be to others?

DAY 29

When I get down on myself, I say things like (BLANK) . What would happen if I showed myself more love and understanding instead?

DAY 30

What is my favorite thing about staying home?

DAY 31

What is my favorite thing about going out? Where do I like to go?

DAY 32

My favorite food is (BLANK) . It makes me feel...

DAY 33

If I could spend a day with anyone in the world, who would it be?

DAY 34

What is one way I like to help others?

DAY 35

What is one kind thing I wish everyone would?

DAY 36

My favorite fictional character is (BLANK) because...

DAY 37

If I could change 3 things about the world, they would be...

DAY 38

What is something I could do today to brighten someone else's day?

DAY 39

What is something I could do today to make myself proud?

DAY 40

Have I ever done something I wasn't proud of? What did I learn from that experience?

DAY 41

What do I think it means to "fail" and what do I think it means to "succeed?"

DAY 42

If I could do anything I wanted to right now, what would I do and why?

DAY 43

What motivates me most?

DAY 44

What skill do I want to improve on?

DAY 45

Something I really love more than anything in the world is...

DAY 46

How do I feel when things change in my life?

DAY 47

Write a thank you letter to someone that has shown you kindness recently.

DAY 48

My favorite toy to play with (or that I used to play with) is (BLANK) because...

DAY 49

Who do you think has the best job in the whole world and why?

DAY 50

What is my favorite way to spend a weekend?

DAY 51

How would my best self act when I'm feeling challenged?

DAY 52

What is the greatest compliment I've ever received? What is the greatest compliment I've ever given to someone else?

DAY 53

How do I like other people to show me they care about me?

DAY 54

Is it easy or hard to think good thoughts about myself? What if I treated myself with the same love that I show to my best friend?

DAY 55

What is one kind thing I could do for another person today/did for another person today? How did it make me feel?

DAY 56

Who do I love to learn from and why?

DAY 57

Today, I am choosing to feel...

DAY 58

10 things I am most grateful for today are...

DAY 59

How am I helpful to others?

DAY 60

What did I learn most from using these journal prompts? How did I like journaling? What was my favorite part?