

DOBEN JOURNALING PROMPTS

- 1. How does the word October make you feel?
- 2. Physical planner, digital planner, or no planner at all?
- 3. Describe yourself as a teenager.
- 4. How does the autumn look like where you live?
- 5. How productive is your week so far? How can you improve it even more?
- 6. What are you currently reading?
- 7. How do you keep cozy?
- 8. Would you rather watch the sunrise or sunset?
- 9. What are some things that make you feel frustrated? Why do you think they're getting to you so much?
- 10. Describe your best friend.
- 11. What's a word that you have learned recently? If there is none, pick a random word that you didn't know and learn it!
- 12. What's in your bag?
- 13. What's the most spontaneous thing that you have ever done?
- 14. Would you rather drink orange juice or apple juice?
- 15. If you're invited to do a TED talk, what would you talk about?
- 16. What motivates you to wake up every morning?
- 17. Describe a time you failed at cooking/baking.
- 18. If you could bring back any fashion trend, what would it be?
- 19. How can you be more relaxed?
- 20. Is there anything missing from your life?
- 21. Skittles or M&M?
- 22. What is your favorite Disney character?
- 23. How can you be more authentic to yourself?
- 24. What type of person are you drawn to naturally?
- 25. Do you prefer to watch YouTube or Netflix?
- 26. What would you like your grandchildren to say about you?
- 27. What would you write a book about?
- 28. What are your favorite toppings for pancakes?
- 29. What was your best Halloween costume?
- 30. T'was the night of Halloween years and years ago. Were you the kid that ate all the candies at once or saved for months thereafter?
- 31. What are you dressed up as this year?