



# JournalBuddies.com

Presents



1. Identify three goals that you have for this month, and write about how you are going to accomplish those goals.
2. Consider a challenge that you recently overcame. Write an entry about what you did well during that challenging time, and things you could improve upon in the future.
3. Write about what you are most grateful for at this very moment.
4. Describe your favorite way to spend your free time. Come up with techniques to allow you to spend more time doing this special activity.
5. Write about someone who influenced you during the past year. How did they impact your life then? How do they impact your life today?
6. Write down one word that would best describe your life right now. Consider that word, and write a journal entry exploring why you chose that word.
7. Identify the best part of your day and the worst part of your day. Explain why you feel that way in detail.
8. Think about a person who you miss very much. Write a journal entry about everything you would like to say to them at this moment.

9. Consider when you feel the most energized during the day. Why do you think that is? Write about ways you can increase your energy and boost your mood throughout the entire day.
10. Write a detailed report about your daily routine. Are you happy with it? Will you stick with a consistent routine in the future? What changes could you make?
11. Think about your life. Is this what you expected it to be like three months ago? Is it better or worse than you anticipated? In what ways can you improve?
12. What do you want to be when you grow up? Do you want to go into a profession that you dream about? Describe your thoughts in detail.
13. If you could change one thing about your life today, what would it be? How do you think it would impact your life overall?
14. Imagine your best self one year from today. What do you see? Write down some steps you can take to work toward become your very best.
15. Write a detailed entry about when and where you feel most like yourself. How can you continue to improve your self-confidence?



## 15 Personal Journaling Ideas for Kids

©2020 [JournalBuddies.com](http://JournalBuddies.com) All Rights Reserved, this document may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording or otherwise, without prior permission of the publisher.  
Contact: [jill@journalbuddies](mailto:jill@journalbuddies).