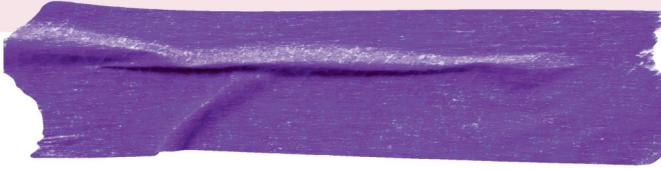


Journal Sparks

30 Prompts for
Personal Growth



Hey there, writer – this little journal is your space to think, dream, and figure out what makes you shine.

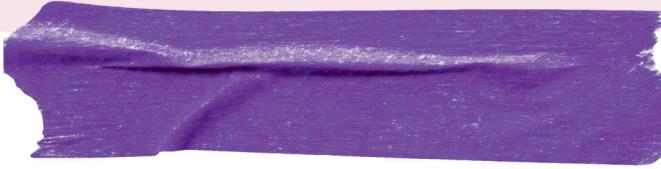
These 30-journal prompts will help you notice the good stuff in your life, celebrate what makes you special, and learn from the tricky moments too.

No pressure to write perfect sentences – just be real and honest. You can draw, doodle, or scribble your thoughts however you want!

Think of each prompt as a tiny spark – and every time you write, you’re growing your own bright, brave story.

Confidence & Self-Discovery

1. What’s something you’re really good at – and how did you get good at it?
2. Write about a time you surprised yourself.
3. What makes you unique?
4. If you could give your younger self one piece of advice, what would it be?
5. What’s something you’d like to get better at this year?
6. Write about a moment when you felt proud of yourself.
7. Who do you look up to, and what do you admire about them?
8. How do you cheer yourself up when you’re having a bad day?
9. What makes you feel brave?
10. What does it mean to “believe in yourself”?



Kindness & Friendship

1. What does being a good friend mean to you?
2. Write about a time someone showed you kindness.
3. What's one way you can make someone's day better today?
4. How do you feel when you help others?
5. Describe a time when you forgave someone (or someone forgave you).
6. Who makes you laugh the most – and why?
7. Write about someone you appreciate but don't say "thank you" to enough.
8. What makes a person trustworthy?
9. How do you handle arguments or misunderstandings with friends?
10. What are three ways to show kindness without saying a word?

Gratitude & Positivity

1. What are three things you're thankful for this week?
2. Write about a simple thing that makes you happy.
3. What's something good that happened recently – even if it was small?
4. How can you find something positive in a tough situation?
5. What does gratitude mean to you?
6. Describe your "happy place."
7. Who always makes you feel supported?
8. What's something that used to bother you but doesn't anymore?
9. How can you help spread positivity in your family or school?
10. What's one thing you can do every day to make yourself feel proud?