Write Your Life

Journaling prompts to help you write the story of your life

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48 Hours

Write about your typical weekend and be honest about how it makes you feel. Are you happy with what you tend to do? Feel too busy? Wonder where the hours go?

April Fool's Day

Write about a past April Fool's Day joke you played on someone. Then write about one that was played on you. How did you feel about April Fool's in general as a kid?

Hand-written

Write a letter(s) to people in your life (whether still alive or now passed) who deserve to be told what they mean to you. Open up. Be vulnerable. Maybe even get off your chest something that you find hard to say to them face to face.

Remember This Day

Write about a day that influenced your life. Perhaps it woke you up to a truth. Perhaps it was historical. Perhaps it seemed like nothing at the time, or everything at the time. Write about why it was significant and how it impacted you.

Colored Eggs and a Giant Bunny

Write about what you used to do for Easter as a kid. Who pulled the weight? What did you eat for dinner? Did you go to church? How did the day impact you?

Fairy Tales

What cartoon or fairy-tale character do you wish was actually real? How do you think your life would change for the better or worse if one day you woke up face-to-face with them?

So Social

How does Social Media impact your life? Write about the platforms you are on most and when you started.

Fail

What is the last thing that you failed at? A Pinterest post you tried? Or a workout routine? Maybe something more serious? Failure is part of life, but if we can write about it, the weight can be lifted away.

State of Annoyance

Write about something that annoyed you this week. Sit for a moment and think about the why behind that annoyance. Try to follow the strings back to the root.

Road Trip

Write about your favorite road trip you've ever taken. Where did you go, who did you go with and why was it the best?

Two Wheels and an Engine

How do you feel about motorcycles?Write out what you think of immediately when you see motorcycles or hear the word. Have you ever ridden on one? Driven one? Would you ever want to (if the answer to the first two questions is no)?

Radio Star

What radio station is your car set to right now? Who decided to set it there (do you have control of the station, your kids or your spouse?) Has the station changed in the last ten years? If so, how did that change happen?

Secret Anxiety

Write about the one thing that you don't really talk about with other people, but that lurks in the back of your mind as a secret anxiety.

Untapped or Unspoken Creativity

What is something that you do creatively that no one knows about? Do you have creativity within you that you have never unpacked? Why is that? Lack of confidence? Lack of time? Lack of resources? What creativity runs in your family? What types of creativity most fascinates you?

What the Heck was I Thinking?

We were all kids once. Wander down memory lane to something we did as a kid that was...not the best idea ever. Something that you look back and wonder: "What the heck was I thinking?"

Strange Foods

write about the weirdest food you've ever tried to eat. No need to be PC. This is simply about the weirdest food ***to you.***

About to be Fired

Write about a time when you came under fire at work. Whether it was your reputation on the line or someone was coming after you or you had a boss you couldn't get along with. What ended up happening? How did it affect other areas of your life?

Texture Issues

Do you have texture issues? Are there textures you love more than others? Are there some textures you just CANNOT eat/have on your tongue?

Bugs, Bugs, Bugs

What bugs influenced your childhood? Did you like bugs? Did/do you have a favorite?

Reset

What is your RESET activity? Is it taking a jog? Working in the garden? Baking a cake? When you are overwhelmed and need a break from the work at the office or your business (or from kids) what helps you turn off your mind and just focus on something else?

If Movies Came to Life

If you saw a woman floating down from the sky holding an umbrella, what would you do? How would you react? What do you like and dislike about Mary Poppins?

Not Part of the Job Description

This week reflect back on all those jobs you've had and write about one job that was just the weirdest. Weird to you. Weird to others. Weird in some way, whatever way you perceive it.

Struggles and Solutions

Pin-point a struggle or a problem and then write it out. But don't just stop there! After pinpointing that particular struggle, draw a line to where it comes from and how you might change it or even solve it.

Hire or DIY?

What home improvements have you done in your lifetime? Tell a story about one or several of them.

I Shouldn't Even Be Here

Some of the best stories to tell are the close-calls. How many close-calls have you had? Write about the almost total car wreck or the cancer that got cured or the stupid decision you made that somehow didn't make you end up in a ditch somewhere.

Become What You Respect

What does the phrase 'become what you respect' make you think of? Set the timer for fifteen minutes and just write. Doesn't matter if it makes sense, just write and write and write without stopping. You never know what you might find out about yourself.

Hidden Talent

We each have at least 150 things that we do in unique ways. In other words, we have lots of hidden talents. What is a hidden talent that you never considered yourself having until someone pointed it out?

Embarrassing Moments

Write out an embarrassing moment. It might be funny now or it might still make you blush. We all have them and it's better to get them off our chests.

A Smile, Peace, Laughter?

How does happiness look like to you? Do you consider yourself happy? Why or why not?

Where I Am Needed

Write about a place you help out or hope to help out someday.

Oh, The Places You Should Go

Think about those places you used to claim you would one day see. Dig into your memory and list them out. Then try to make a plan on seeing them in your lifetime.

Grateful It Happened

Many moments that we don’t understand in the moment can later be seen as stepping stones to where you got later in life. If it hadn't happened, you wouldn't be where you are today or who you are today. Write about one of those moments and spend time being grateful now that it happened.

I Just Don't Agree

Write out an argument you've heard. One you've mulled over and thought of. One that, even after thinking about, you still just don't agree with. Write you why you don't agree. Write out details because it will help solidify your reasoning...or might even show you the faults in your own argument.

A Good Look Back

Good can be that you took care of yourself or your kids didn't fail school or you tried to diet for the first time...even if it didn't work like you wanted. Look at where you tried to grow this year, and soak in the goodness of that.

All Hallows Eve Memories

What is your favorite or strangest memory from Halloween. Perhaps it was something your parents did or your siblings. Perhaps it's a bad memory of being sick and unable to go.

Christmas in July?

When is it right to decorate for Christmas? When is the right time to decorate for Christmas for you? Do you decorate the day after Halloween or do you give some time for Thanksgiving decorations? Defend your position.

The Best and the Worst Goes to

Pull out one good memory and one bad memory and write them out. See where they take you.

A Decade Ago I Was...

Sit and reflect on where we were just one decade ago. Perhaps you want to write about where you were exactly ten years ago to the day, or perhaps it makes more sense for you to write about ten years ago in general. Either way, sit for a bit and let your mind wander through memory lane. Then write, write, write.

All the Lovely People

Make a list of All the Lovely People in your life.

Your Favorite Light Wave

We see objects as a specific color because of the color effect. For example when a blue object is hit with light rays the object reflects only blue light and absorbs all other light. What light energy do you prefer to see reflected instead of absorbed?

First Crush

Who was your first crush? It doesn't have to be someone who physically lived near you because it could very well be a boyband singer or rapper or actor or politician....Explain who the person was, what they looked like and how long the crush lasted.

A Little Piece of Heaven

What brought you joy this week? What warmed your heart? with so many things seeming to work against us every day (dang traffic lights), it's good to remind ourselves that we can find joy in the little things.

Two Wheels and You Stay Upright?

Where and how did you learn to ride a bike? How taught you? What did the bike look like? How long did it take you?

Hallmark Holidays

How do you feel about Valentine's Day, Mother's Day, Father's Day, etc? Are they Hallmark holidays or wonderful days in which you get to give and get a little extra?

Challenge Accepted

What is a challenge that you had to accept and get through? One that in the moment you thought was the hardest thing ever and yet you get through it and came out the other side. What did you think about it once you got through it? Try to remember what you felt right in the moment and how you felt when it was done.

Craziest Diets

Which diet or fad have you tried that everyone said you were crazy to they? Or that you look back and think you were crazy to even consider it? Did it end up working well or did it mess everything up? Or perhaps it was too complicated to even keep up with. Write it all down!

The Piece You Just Can't Throw Out

Write about the piece and the reason why you can't be bothered to throw it out. Sit back and calculate the age of the piece or recount where it came from.

Someone You Admire

Choose ONE person who you admire for whatever reason and write about who that person is, what you know of them and why you admire them. This choice doesn't mean you don't admire OTHER people. It's okay sometimes to choose just one.

A Weird Dream You Can't Forget

Write out a dream that either came to us so many times that we can recite it like a bad movie or a dream that was so vivid you will never forget it.

Set Your Goals

How will you go about your goal setting this year? Are you being specific enough? Are you giving yourself enough grace? Have you given yourself at least one or two that will definitely get done soon to help your subconscious mind keep positive about the harder ones?

Holidays are Hard

What caused you the most stress this past weekend? If something went wrong this weekend, what was it? What was your role in this 'wrong' thing? What was everyone else's role? Who do you think was responsible? Why?

Little Black Dress?

Write this week about what you are planning to do for New Year's this year and how different (or the same) it is from previous years.

The Best Year Ahead

What would make this the best year ever? Write down a list of things that, if they happened, you would look back and say that this was the best year of your life.

Bonus Prompts!

+ What was your favorite food as a kid? What was a food you hated as a kid?

+ Do you prefer the mountains or the beach?

+ Do you have a dream car? Why is it that one?

+ What is the book you've read the most times?

+ How has journaling affected your life?

+ Did you grow up with a computer? Do you think that affected your childhood?

+ Draw the layout of your bedroom as a child.

+ What was the first movie you saw that scared you?

+ Would you ever want to run a marathon? Why or why not?

+ Write about someone you admire who is living right now.

+ Describe your best friend when you were ten.

+ How many places have you lived? What was your favorite?

+ What is your dream job?

+ Write a recipe that you wish you could cook.

+ How do you feel about needles and getting shots?

+ What is the last thing you were wrong about?

+ Who is someone you don't get along with. How could you change that?

+ What is your favorite outfit to wear?

+List out the schools you've attended and try to name your teachers.