

## JOURNAL PROMPTS

### **Week 1: Getting to Know Each Other**

What is something you wish more people understood about you?

### **Week 2: Strengths & Growth**

What is something you are really good at? How do you use this strength in everyday life?

### **Week 3: Emotion Regulation**

How do you know when you're starting to feel overwhelmed? What helps you calm down?

### **Week 4: Coping Strategies**

What is one thing that helps you feel better when you're having a tough day?

### **Week 5: Core Memories**

What is a memory from childhood that makes you smile?

### **Week 6: Parent-Child Relationship**

What is one thing I (your parent) do that makes you feel loved?

### **Week 7: Self-Compassion**

What is something you would tell a friend who is struggling? How can you tell yourself the same thing?

### **Week 8: Body Image & Self-Worth**

What is something you appreciate about your body that isn't related to how it looks?

### **Week 9: Friendships**

What qualities do you look for in a good friend?

### **Week 10: Romantic Relationships & Crushes**

What do you think makes a healthy relationship?

## **Week 11: Puberty & Changes**

What is something about growing up that feels exciting? What feels a little scary or uncertain?

## **Week 12: Confidence & Self-Esteem**

What is something you have done recently that made you feel proud of yourself?

## **Week 13: Facing Challenges**

What is a challenge you faced in the past that you handled well? What did you learn from it?

## **Week 14: Social Media & Technology**

How does social media make you feel? What are the positive and negative aspects?

## **Week 15: Family Traditions**

What is a family tradition or routine you love? Why does it feel special?

## **Week 16: Dreams & Goals**

What is something you hope to do or accomplish in the future?

## **Week 17: Handling Disagreements**

What helps you stay calm during a disagreement? What makes it harder?

## **Week 18: Asking for Help**

Who are three people you feel comfortable turning to when you need help?

## **Week 19: Gratitude & Appreciation**

What is something in your life you're grateful for today?

## **Week 20: Boundaries**

What does a healthy boundary look like in friendships or family relationships?

## **Week 21: Fun & Play**

What is something that always makes you laugh?

## **Week 22: Managing Stress**

What is one way you can take care of yourself when you feel stressed?

## **Week 23: Role Models**

Who is someone you admire, and why?

## **Week 24: Making Mistakes**

What is a mistake you made that helped you learn something important?

## **Week 25: Trust & Honesty**

What does trust mean to you? How do people earn your trust?

## **Week 26: Celebrating Differences**

What makes you unique? How do you feel about the things that make you different?

## **Week 27: Acts of Kindness**

What is something kind you've done for someone recently?

## **Week 28: Difficult Emotions**

What is an emotion that's hard for you to express? How do you usually handle it?

## **Week 29: Self-Care**

What is one thing you can do today to take care of yourself?

## **Week 30: Handling Peer Pressure**

What would you do if a friend pressured you to do something you didn't want to do?

## **Week 31: Family Support**

What is one way our family can support each other better?

## **Week 32: Facing Fears**

What is something that used to scare you but doesn't anymore?

## **Week 33: Encouragement**

What is something you wish someone would say to encourage you right now?

## **Week 34: Apologies & Forgiveness**

What makes an apology feel genuine to you?

## **Week 35: Decision-Making**

How do you make important decisions? What helps you feel confident in your choices?

## **Week 36: Handling Change**

What is a big change you've experienced? How did you adjust?

## **Week 37: Standing Up for Yourself**

Have you ever had to stand up for yourself or someone else? What was that like?

## **Week 38: Being Yourself**

When do you feel most like *yourself*?

## **Week 39: Navigating Disappointment**

How do you handle feeling disappointed? What helps you move forward?

## **Week 40: Letting Go of Perfection**

What is something you're learning to accept, even if it's not perfect?

## **Week 41: Making Time for Fun**

What is something fun we could do together this week?

## **Week 42: Dealing with Criticism**

How do you handle constructive criticism? What helps you not take it personally?

## **Week 43: Taking Risks**

What is something you've done that took courage?

## **Week 44: Family Bonding**

What is one thing we do together that makes you feel connected to me?

## **Week 45: Trusting Your Instincts**

Have you ever had a gut feeling about something? How did you know to trust it?

## **Week 46: Expressing Love & Affection**

How do you like people to show love and care for you?

## **Week 47: Giving Back**

What is one way you'd like to help others in your community?

## **Week 48: Finding Joy**

What is something that brings you joy, no matter what?

## **Week 49: Looking Back**

What is something you've learned this year that has helped you grow?

## **Week 50: Looking Ahead**

What is something you're looking forward to in the next year?

## **Week 51: Reflection & Connection**

What is one thing you've enjoyed about journaling together?

## **Week 52: A Letter to Each Other**

Write a letter to me (and I'll write one to you) sharing something special about our journey together this year.