

Journal Prompts

Directions: Write about the life influences that form who you are. Start with the first four writing prompts and then choose at least two others to write about.

1. How do you think the technology and political and cultural events of your life set you apart from people of other generations?
2. What values did your parents and extended family teach you? (Include faith-based instruction, if applicable.)
3. Describe your environment and free-time activities.
4. Describe a time when you (or a family member) helped someone.
5. Tell about your family. Who is in your family and what are they like? Who are important extended family? What is your home like?
6. Who do you admire? This could be a parent, teacher, minister, or friend. What do you admire about the person?
7. What words of advice do you hear again and again?
8. What ideas do you have for a career?
9. Which of these character traits seem most important to you? Choose your top three and explain why they are most important.
Traits: respect, courage, caring, honest, perseverance, responsibility, integrity, self-discipline, trustworthiness, and fairness
10. What do you hope to do before the end of this year? Before college? After college?
11. What was one thing you have done that was really hard to do? How did you feel after you did it?
12. Do you think it is important for students to make a difference in the world? Why or why not?
13. Would you rather spend an hour hiking in the woods or shopping at the mall? Why?
14. Would you rather have lots of friends or one good friend? Tell about what you like to do with friends.
15. What do you think a friend would say about you to someone else?
16. Take an online [quiz](#) to determine your learning styles and strengths as they relate to the multiple intelligences. List your results and write a response about the outcomes.

