

# Journal Prompts

Keep a journal to get to know yourself better.

Choose from these prompts to help you analyze your background, strengths, motivations, values, and goals.

1. Tell about your family. Who is in your family and what are they like? Who are important extended family members? What is your home like?
2. Who do you admire? This could be a parent, teacher, spiritual leader, or friend. What do you admire about the person?
3. What words of advice do you hear again and again?
4. What ideas do you have for a career?
5. 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*
6. What do you hope to do before the end of this year? Before the end of middle school? Before college? After college?
7. What was one thing you have done that was really hard to do? How did you feel after you did it?
8. Do you think it is important for students to make a difference in the world? Why or why not?
9. Would you rather spend an hour hiking in the woods or shopping at the mall? Why?
10. Would you rather have lots of friends or one good friend? Tell about what you like to do with friends.
11. What do you think a friend would say about you to someone else?
12. Tell about a time you helped someone.
13. 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 to the outcomes.

