



May Journal Prompts

1. What is the ideal age?
2. What are your cans, shoulds, and wills?
3. What are your can'ts, shouldn'ts, and wouldn'ts?
4. How does exercising make you feel?
5. If your life had a theme song, what would it be?
6. What is your favorite outfit?
7. Write about your parents.
8. What is one piece of advice you would give your 16-year-old self?
9. When did a friend go out of their way to support you and be there for you?
10. How can you do that for the people in your life?
11. Have you ever lied to someone and then gotten caught in the lie?
12. Write about a difficult memory.
13. How has technology changed your life?
14. What are your short-term goals?
15. What are your long-term goals?
16. What movie always makes you feel a deep emotion?
17. How does that movie make you feel?
18. If you could bring anyone back from the dead, who would it be?
19. Describe a time you felt completely valued and loved?
20. What is a skill you have always wanted to master?
21. Describe your dream house.
22. How can you set better goals?
23. What is holding you back from accomplishing your goals?
24. What part of goal setting scares you?
25. Who can you count on to hold you accountable for your goals?
26. What is something you feel like no one understands about you?
27. Who is your celebrity role model?
28. Who is your cheerleader?
29. How can you be a cheerleader for others?
30. What is going well in your life right now?
31. What could be improved in your life right now?



952.248.2720



minnesotawellcare.com