

MEMORY KEEPING

52 Journal Questions

- What are you are thankful for?
- Write about the place you call home.
- Five things you would like to do more?
- What is the view from your window right now?
- A quote to live by?
- What was the best thing that happened this week?
- Write down something you are stressed about.
- A book that has influenced your life?
- Share a childhood memory.
- How do you see the world?
- Your playlist right now?
- Write about some of your favourite places.
- What holds you back?
- Share a vivid dream.
- What are you wearing right now?
- Five things to do less often?
- What do you love about yourself?
- Something you are excited for?
- Write about someone you love.
- What fictional character would you most like to be?
- How have you changed in the past year?
- What are you favourite movies right now?
- Something you are proud of?
- Write down one regret.
- What do you feel strongly about?
- How do you relax?
- A few small things that make you happy?
- Best book you read this year?
- Write a letter to your teenage self.
- 10 places you would like to visit?
- What is your dream job?
- Who would you invite to your imaginary dinner party?
- Where were you ten years ago?
- What were your highs and lows this week?
- A fact about you, you don't often share?
- Something you want to remember?
- How would you like people to describe you?
- Write about someone you admire.
- What do you need to be content?
- Share one of your earliest memories?
- What is your favourite song to sing?
- Name three things you do well.
- What are you priorities in life?
- One way you would like to grow in the next year?
- Write down five weird things you like.
- Write about something that scared you.
- One thing you dream of doing?
- What was the last thing you celebrated?
- Sum up what you believe on one page.
- What would you be doing if money was no object?
- Thing you love about this time of your life?
- One thing you dream of doing?