FREE PRINTABLE

Journal Prompts for Teens

80 prompts in 8 themes + journal pages, cards & check-ins



10 pages | US Letter | print at home

printablelane.com | free for personal and classroom use

Journal Prompts for Teens

prompts 1 to 20 | pick one, write for 10 minutes, no rules

WHO I AM

prompts 1 to 10

1. What are 3 things people often get wrong about me?
2. Which song describes my life right now, and which line fits best?
3. When do I feel most like myself?
4. What is something I changed my mind about this year?
5. What would my perfect Saturday look like, hour by hour?
6. Which habit of mine would I keep forever, and which would I drop tomorrow?
7. What do I care about that most people my age rarely talk about?
8. If my room could talk, what would it say about me?
9. What compliment have I received that I still think about?
10. What am I like when nobody is watching?

FRIENDS & PEOPLE

prompts 11 to 20

11. What makes someone easy to talk to?
12. Who is a person I can be completely honest with, and why?
13. What is the best thing a friend has ever done for me?
14. How do I act when a friend is upset, and is that what they need?
15. What does a good friend do when there is drama in the group?
16. Is there a friendship I have grown out of? What did it teach me?
17. Which adult in my life seems to understand me best?
18. What do I wish my family understood about me?
19. When did I stand up for someone, or wish I had?
20. What kind of friend do I want to be by the end of this year?

Journal Prompts for Teens

prompts 21 to 40 | pick one, write for 10 minutes, no rules

SCHOOL & LEARNING

prompts 21 to 30

21. Which class makes time go fastest, and what about it works for me?
22. What subject feels hard, and what is one thing that helps a little?
23. How do I study best: alone, with music, with friends or in silence?
24. What have I learned outside school that I am proud of?
25. Which teacher has made a difference for me, and how?
26. What do I do when I don't understand something in class?
27. If I could design one class, what would it teach?
28. What does a good school day look like from start to finish?
29. Which result am I proudest of, and what did it take to get there?
30. What would I tell a younger student starting at my school?

FUTURE ME

prompts 31 to 40

31. Where do I picture myself living in 10 years?
32. Which jobs sound interesting to me right now, even if they seem far away?
33. What skill do I want to have by the time I am 20?
34. What would future me thank me for doing this year?
35. What does success mean to me, in my own words?
36. What part of growing up excites me, and what part makes me nervous?
37. Whose life or work do I admire, and what exactly do I admire?
38. What is one place I want to see, and why that place?
39. Write a short letter to yourself one year from today.
40. What do I want to be known for?

Journal Prompts for Teens

prompts 41 to 60 | pick one, write for 10 minutes, no rules

STRESS & COPING

prompts 41 to 50

41. What has been on my mind lately? Write it down to get it out of my head.
42. Where in my body do I notice stress first?
43. What are 3 things that help me calm down when life feels like too much?
44. What can I control this week, and what is out of my hands?
45. What would I say to a friend who felt the way I feel today?
46. Which places, people or apps leave me feeling better, and which leave me drained?
47. What is one small thing I can do tonight to make tomorrow easier?
48. Who can I talk to when something is bothering me?
49. What hard moment have I already gotten through, and what helped?
50. What does a real break look like for me?

CREATIVITY & FUN

prompts 51 to 60

51. Describe my dream room in detail: colors, lights, sounds and smells.
52. If I started a podcast or a blog, what would it be about?
53. Invent a new holiday. What is it called, and how do people celebrate it?
54. Write the first line of a story that starts in my school hallway.
55. What superpower would I pick, and what would its annoying side effect be?
56. Make a road trip playlist for my friends. Which 5 songs go first?
57. What is something I want to make with my own hands?
58. If I could spend one week in any time in history, which would I pick?
59. Design an outfit that shows my personality. What does each piece say?
60. What is the strangest dream I remember, and what story could it become?

Hard feelings that stick around are worth sharing.
Talk to a parent, teacher, school counselor or another adult you trust.

Journal Prompts for Teens

prompts 61 to 80 | pick one, write for 10 minutes, no rules

GRATITUDE

prompts 61 to 70

61. What are 3 small things that went right this week?
62. Who made me laugh recently, and what did they do?
63. What object do I own that means more to me than its price?
64. What part of my day would I miss if it disappeared?
65. Who helped me without being asked?
66. What skill or talent am I glad I have?
67. Which food, song or smell puts me in a good mood right away?
68. What do I like about my town or neighborhood?
69. What hard thing am I thankful for now that it is over?
70. Write a thank-you note to someone you never properly thanked.

GOALS & HABITS

prompts 71 to 80

71. What is one goal I want to reach in the next 30 days?
72. What is the first tiny step toward that goal?
73. Which habit would make the biggest difference to my week?
74. How much screen time feels right for me, and what would I do with the extra time?
75. What gets in the way of my goals most often?
76. How will I celebrate when I make progress?
77. What did I give up on that I might want to try again?
78. What does my ideal evening routine look like?
79. Who could help keep me on track, and how would I ask them?
80. What did I do this month that I want to do more of next month?

Guided Journal Page

one prompt, one page, 10 minutes

Date _____ **Prompt #** _____ **Today I feel** _____

TODAY'S PROMPT

Write it out (messy is fine, spelling does not count)

One word for today

Rate today (circle)

1 2 3 4 5

rough great

Doodle it

Prompt Cards: Set 1

12 cards per page | cut on the dashed lines, keep them in a jar or your journal

WHO I AM #1

What are 3 things people often get wrong about me?

WHO I AM #3

When do I feel most like myself?

WHO I AM #8

If my room could talk, what would it say about me?

FRIENDS & PEOPLE #11

What makes someone easy to talk to?

FRIENDS & PEOPLE #13

What is the best thing a friend has ever done for me?

FRIENDS & PEOPLE #19

When did I stand up for someone, or wish I had?

SCHOOL & LEARNING #21

Which class makes time go fastest, and what about it works for me?

SCHOOL & LEARNING #27

If I could design one class, what would it teach?

SCHOOL & LEARNING #30

What would I tell a younger student starting at my school?

FUTURE ME #33

What skill do I want to have by the time I am 20?

FUTURE ME #35

What does success mean to me, in my own words?

FUTURE ME #39

Write a short letter to yourself one year from today.

Prompt Cards: Set 2

12 cards per page | cut on the dashed lines, keep them in a jar or your journal

STRESS & COPING #43

What are 3 things that help me calm down when life feels like too much?

STRESS & COPING #45

What would I say to a friend who felt the way I feel today?

STRESS & COPING #48

Who can I talk to when something is bothering me?

CREATIVITY & FUN #51

Describe my dream room in detail: colors, lights, sounds and smells.

CREATIVITY & FUN #53

Invent a new holiday. What is it called, and how do people celebrate it?

CREATIVITY & FUN #55

What superpower would I pick, and what would its annoying side effect be?

GRATITUDE #61

What are 3 small things that went right this week?

GRATITUDE #64

What part of my day would I miss if it disappeared?

GRATITUDE #70

Write a thank-you note to someone you never properly thanked.

GOALS & HABITS #71

What is one goal I want to reach in the next 30 days?

GOALS & HABITS #73

Which habit would make the biggest difference to my week?

GOALS & HABITS #80

What did I do this month that I want to do more of next month?

Weekly Reflection

look back for 10 minutes, then plan one thing for next week

Week of _____

Best moment of the week

Hardest moment, and what helped

Something I learned (in or out of school)

Someone who made my week better

I'm proud that I...

Next week I want to...

My week at a glance

Energy	1	2	3	4	5	6	7	8	9	10
Mood	1	2	3	4	5	6	7	8	9	10
Sleep	1	2	3	4	5	6	7	8	9	10

1 = very low, 10 = the best it gets

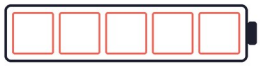
Mood & Energy Check-In

1 minute a day: notice how you feel, no judging

Week of _____

Mood word bank

calm · happy · proud · excited · hopeful · okay · bored · tired · worried · stressed · sad · annoyed · lonely · confused · grateful · silly

Day	Mood word	Energy (shade)	Sleep	One thing that helped
Mon			____ hrs	
Tue			____ hrs	
Wed			____ hrs	
Thu			____ hrs	
Fri			____ hrs	
Sat			____ hrs	
Sun			____ hrs	

A pattern I noticed this week: _____

If hard feelings stick around, talk to a parent, teacher, school counselor or another adult you trust.