

100 Creative Journal Prompt Challenge

[#missrachelbprompts](#)

1. Who am I?
2. What would be the 1 thing that you would want people to remember you by...after only meeting them once?
3. When you were a child, what did you want to be when you got older? Did you become what you wanted to be? If so explain how that feels. If not, is there still some part of you that has that dream?
4. Is there someone in your life that you can be 'exactly' yourself around, without feeling uncomfortable?
5. What parts of yourself do you hide from others and why?
6. Do you like to be around people? Why or why not?
7. What character traits do you value the most in others and why?
8. What character traits do you dislike the most in others and why?
9. What do you feel is your 3 best character traits and why?
10. What do you feel is your 3 worst character traits and why?
11. If you could change one thing about yourself...what would it be?
12. What do you wish other people would just accept about you?
13. What is one thing that nobody knows about you?
14. What is one thing you wish people did know about you?
15. What parts of yourself are you holding on to that no longer serve you for the person you are today?
16. What past parts of yourself do you wish you had held on too?
17. Name 1 thing that you could not live without in your life?
18. List 10 'things' that you absolutely LOVE and why?
19. List 10 things that make you feel good on the inside and why?
20. List 5 places (anywhere in the world/universe) that you would like to visit, and why?
21. If you never had to worry about money again, what would your life look like?
22. If you could start your life over...what would you do differently?
23. If you were a time traveller, which era would you go to first and why?
24. If you could change one thing about the world...what would you change and why?
25. Where does your mind wander when you day dream? Explain in detail what you think about?
26. Who in your life do you think has influenced you the most?
27. For one day only, we live in a world where no one could lie...who would you question first? What would you ask them? Do you think you could handle the truth? Would you want to know the truth?
28. If you could switch lives with a fictional character for one day...who would you choose and why?
29. What do you wish you had more of and why?
30. What do you wish you had less of and why?
31. What do you think it takes to be a good friend and why?
32. What is one thing in the whole universe that makes you excited?
33. If you could have your own cheerleader...who would it be and why? (real person or made up)
34. If you could be someone else's cheerleader...who would you choose to cheer for and why?
35. Make your own slogan up to go with your name and personality...
36. Who is the most inspiring person you have meet and why?
37. If you could go back to your 13 year old self, what 3 pieces of advice would you give and why?
38. List 10 things that you have learnt about in the past year. Have these things been life changing or not...and why?
39. Invent something on paper and write what it does and why you have choose to invent it?
40. What is the best book you have ever read and why?
41. What is the best movie that you have ever watched and why?

42. If your life...so far...got turned into a book or movie, what would it be called and why?
43. Who would play you if your life got made into a movie?
44. What is your favourite smell?
45. What is your favourite sight?
46. What is your favourite sound?
47. What is your favourite taste?
48. What is your favourite texture to feel?
49. What is your favourite colour and why?
50. Write a story about yourself in third person...
51. Write about a dream you have had and never forgot...
52. Write your favourite quote down then explain why it resonates with you?
53. What would you do if you knew you couldn't fail?
54. What are you scared of most of all in your life and why?
55. If you had no fear at all what would you do first and why?
56. What are your greatest achievements in your life so far and why?
57. If you had just one more day to live...what would you do with it?
58. What is your biggest dream and what is standing in your way from achieving it? Also write about ways you can overcome this...
59. Write your bucket list...
60. Write a letter to someone that has hurt you and you are no longer friends with...
61. Write a letter to you future self...
62. Write a letter to someone in heaven...
63. If you could have any super power you wanted...what would you choose and why?
64. Who is your superhero and why?
65. Invent a new super hero...what would there super powers be? Male or female? What do they look like? Etc.
66. Do you have any scars (visible or invisible), where did they come from? Tell your story...
67. What do you think makes you authentic and unique?
68. What makes you feel beautiful?
69. What is your earliest memory you can recall? Explain it in as much detail as you can remember...
70. What motivates you?
71. What relaxes you?
72. What distracts you?
73. List 10 things you are truly grateful for?
74. What would your dream house look like? Describe in as much detail as you can...
75. What would your dream job be? Describe in as much detail as you can...
76. If you could go back and relive one day of your life (without changing it) would you? What day would it be and why would you want to relive it?
77. Who was the last person you had a deep conversation with? What did you talk about?
78. Do you prefer a bath or a shower and why?
79. Do you believe in luck and miracles?
80. What zodiac are you? Do you believe in the zodiac? Can you relate to your sign?
81. Are you a morning person or a night owl?
82. Are you an indoor person or an outdoor person?
83. What is the nicest thing someone has ever said to you?
84. Tea or coffee?
85. Would you rather visit outer space or under the ocean?
86. Would you rather be known as weird or normal?
87. If you could be any supernatural creature...what would you be?
88. Who is your favourite Disney character and why?
89. Describe what 'successful' means to you?
90. What do you do for 'Me Time'?
91. What was the last thing that made you belly laugh and why? How did it make you feel?
92. What is your favourite family tradition and why?
93. Do you believe in God? If so, why? If not, why? What do you believe in?
94. What is the kindest thing someone has done for you? How did it make you feel?
95. What is the kindest thing you have done for someone else? How did it make you feel?
96. To love or be loved?
97. What is your favourite animal?
98. What do you do when you're bored?
99. Do you like your name? Why?
100. Who do you feel about completing 100 journal prompts? Be yourself and write about anything you want...