

# 10 Journal Prompts for Teens & Parents



- 1) Parent: What I wanted to be when I grew up and why. If it is not what you do now, when and how did your goal change?  
Teen: What I want to be when I grow up and why.
- 2) Both: The time I was the bravest I've ever been.
- 3) Parent: A letter to my past teenage self.  
Teen: A letter to my future adult self.
- 4) Both: The most important thing I want you to know about me.
- 5) Both: My very favorite joke and why I think it is so funny.
- 6) Both: If I could travel anywhere in the world, it would be \_\_\_\_\_. Why?
- 7) Both: Descriptive words for each letter of the others' name  
S - smart  
A - adorable  
M - merry
- 8) Both: My questions for you.
- 9) Both: My answers to your questions.
- 10) Both: How am I different from who I was one year ago?