



JANUARY DAILY WRITING PROMPTS

For every day in the month of January, write a thoughtful response to each of the following journal prompts:

1. What are your top three New Year's resolutions?
2. Why is it important to have goals?
3. What is one goal that you achieved recently?
4. How do you feel after you achieve a goal? Why?
5. How do you feel when you don't accomplish a goal? Why?
6. What is one thing you're going to do to make sure that you fulfill your New Year's resolutions?
7. Today, I am feeling _____, because _____.
8. Write about a time when you were the happiest.
9. What is the funniest joke you have ever heard?
10. Write about a time when you were the saddest.
11. What do you do to feel better when you are sad?
12. Write about a time when you were the angriest.
13. What do you do to calm yourself when you are angry?
14. When was the last time you helped a friend?
15. When was the last time a friend helped you?
16. What is one thing we can do to make the world a better place to live in?
17. Do you have a bad habit? What is it?
18. How can you get rid of your bad habit?
19. Name a person in your life who is a positive influence.
20. Name a person in history who is a positive influence.
21. How does a person become a role model?
22. Would you like to be a role model? Why or why not?
23. Is a role model the same as a hero? Explain.
24. If you could have one superpower, what would it be?
25. Describe one scenario in which your superpower would come in handy.
26. Describe where you are right now using two to three of your five senses.
27. Where is your favorite place to go?
28. Why do you like to go to this place?
29. Where is one place you wish to go to?
30. Which culture intrigues you? Why?
31. What is one interesting fact about your culture?

WE' D LOVE TO HEAR FROM YOU!



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