Fun Journal Prompts

— The 30 Prompts

Five playful games for a page full of fun

Group 1 — Silly Scenarios

1. You wake up able to talk to one household appliance. Which one, and what has it been dying to tell you?
2. Your pet (or a neighbour's) keeps a secret diary about you. Write today's entry.
3. A door appears in your home that was not there yesterday. Describe what is behind it — you have one paragraph to be brave.
4. You have been hired to name a new colour. What does it look like, what is it called, and what is it for?
5. Aliens land and ask you to explain weekends. Write your explanation.
6. Your younger self time-travels to today for exactly one hour. What do you show them first, and what do you hide?

Group 2 — Would You Rather?

7. Would you rather always speak in rhymes or always speak in questions? Argue your case.
8. Would you rather have a personal theme song that plays when you enter a room, or a narrator who describes your day? Pick one and write its first appearance.
9. Would you rather give up elevators forever or give up escalators forever? Defend your choice like it matters.
10. Would you rather know the exact date of every future rainy day, or always find a parking spot? Write about your first week with the power.
11. Would you rather be able to pause time for ten minutes a day, or rewind it by one minute? What is your first use?
12. Would you rather have dinner with your hero or be your hero for a day? Plan the evening or the day.

Group 3 — Reviews, Letters & Other Nonsense

13. Write your pet's honest review of you as an owner. Star rating included.
14. Write a complaint letter to one inanimate object that has wronged you. Be specific. Demand justice.
15. Write a job advertisement for the position of "your best friend": duties, requirements, and the perks of the role.
16. Review your own cooking as a very snobby food critic who secretly loves it.
17. Write a weather forecast for your mood tomorrow, in full dramatic forecaster style.
18. Describe the last thing you lost as a "missing" poster, with a reward offered.

Group 4 — Happy Lists

19. Ten things that make you unreasonably happy. Unreasonable is the point — no justifying allowed.
20. Songs that instantly fix your mood. For each, one line on the memory attached.
21. The best meals of your life so far — ranked, with medals for the top three.
22. Small luxuries that cost almost nothing: the good pen, the first sip, the window seat. List yours.
23. Compliments you have never forgotten, word for word if you can.
24. Places where you feel completely yourself. Describe each in one sentence.

Group 5 — Tiny Inventions & Big Daydreams

25. Invent a holiday. What does it celebrate, what do people eat, and what is strictly forbidden?
26. Design your perfect hideaway — treehouse, she-shed, houseboat, attic. What is inside, and who is not allowed in?
27. You get one extra hour every day that nobody knows about. How do you spend the first week of secret hours?
28. If money were no object for exactly one day, write the day hour by hour.
29. Invent a product that solves one of your smallest daily annoyances. Name it, price it, write its slogan.
30. Cast the movie of your life so far: who plays you, who plays your best friend, and what is the film called?