

Prompts for your Language Learning Journal

Introduction:

As we wrote in our blog post “Journal Your Way to Better Writing,” keeping a multilingual journal is a great way to improve your writing skills in another language. Not only that, journaling also allows you to write out your thoughts, reflect, and discover new ideas to improve all areas of your life, from career and relationships to health and education. Some of our best ideas have come from journaling!

To give you inspiration, we’ve collected some journal prompts that we have used over the years to help you get started with your own journal. Try responding to the prompts that interest you and see where they lead.

Happy writing!

Sample Journal Prompts (by category):

Reflection and Self-Improvement

- Describe the best thing that happened to you this week. Then, describe the worst thing that happened to you this week. How will you make next week better than this week?
- What are some healthy habits you want to adopt in your life? Write about these habits and how you plan to integrate them into your life.
- Write about a current challenge or problem you are facing at work/school. Write about three possible solutions to this challenge.
- Write about one thing you can do this week to improve your well-being (physical health, mental health, or emotional health).
- How do you like to learn new things: through pictures, words, movement, music, or talking to someone? How do you remember things: in pictures, in scenes, in sounds, in words, or in movement?
How can you use this information to improve your work and study habits?

Life Journey

- How are you different from when you were a child? In what ways have you changed? In what ways have you stayed the same?
- Reflect on and write about a time you took a risk or did something brave. What did you learn from this experience?
- Describe your best dream or your worst nightmare.
- Write about somebody who has influenced your life in a positive way. What qualities or characteristics of this person do you admire?

Popular Debates

- Do you think you are too dependent on technology? Give examples.
- Is it possible to work too much? What do you think is a healthy work-life balance? How is the work culture in your country?
- Should animals be used for scientific testing? Why or why not? State your reasons clearly.
- “Success is a state of mind. If you want success, start thinking of yourself as a success.” -Joyce Brothers. Do you agree or disagree with this quote? Why? Write about a time you felt like a success.
- “To do things right” means to do something according to rules, regulations, and traditions. “To do the right thing” means to make the morally correct decision, even if it means potentially breaking social or cultural norms. Which do you think is more important? Why?

Critical Thinking & Thought Experiments

- What would you invent to make life better?
- What would you do if you woke up one morning to find yourself invisible?
- Imagine you are a seven-year old child and a classmate has just blamed you for something you did not do. How would you react? How would you feel?
- Imagine you are a 70-year-old retiree and you've just won the lottery. How would you react? How would you feel? Describe the first week as a lottery winner.
- It is the year 2030. Where will you be? What will you be doing? What will the world be like?
- You have a friend with a destructive habit (smoking, drugs, drinking, etc.). Write a letter to your friend convincing them to give up their bad habit. Also explain why the habit is bad and what will happen if they don't give it up.

Culture and Lifestyle

- What's your favorite movie and why? When you watch a movie, what is most important to you: the characters, the setting, the dialogue, or the story? Why?
- Write about your favorite vacation. Where did you go? What did you do? What made this experience so memorable?
- What is one of your favorite foods? Describe the food and write how to make it.
- Describe a family tradition you have. Write about what happens during this time, who is involved, and what the importance of the tradition is.
- Do you like to read? Why or why not? Do you have a favorite book? Of the books you have read, which ones have you liked the most? Which ones have you liked the least? Explain why.