Journaling Jigglers

By Betty Brett

These journal prompts can be used in order, cut apart and pulled from a jar randomly, or used as thought provoking conversation starters for interviews. Enjoy!

1. How did you get your name? (Are you named for someone in the family, friend, etc. and do/did you have a nickname?)

2. Describe a day at school in elementary school. How old? What grade? Teacher, friends, activities, food, transportation, etc.

3. If you could interview anyone living or dead, whom would it be? What would you ask them?

4. Where have you traveled? Have you lived anywhere else? Where would you like to travel?

5. Have you served in the Armed Forces? Did your father/uncle/grandfather? Others?

6. Describe a childhood birthday. Do you have any pictures of this?

7. Were you a member of the Scouts or other organizations as a youth? What did you accomplish? Experiences?

8. Who were your best friends when you were a little child?

9. Did you have pets when you were growing up?

10. Have you ever had a serious illness of accident? Anyone in the family?

11. Name someone who has seriously impacted your life.

12. What chores did you perform as a youth?

13. Did you have close relationships with your Grandparents? Any Great Grandparents?

14. Describe a day in Middle/Jr. High School. Where? Activities? Academics? Friends? Teachers? Lunch? Transportation?

15. Describe the house you grew up in. Where was your room? Did you share it with anyone?

16. What technological advances can you remember getting as you grew up?

17. Where did you go for entertainment? Whom did you go with?

18. Describe what Christmas or other holidays were like.

19. What was one of your favorite recipes? Who first made it, and what was it like? Was it for everyday or special occasions?

20. Describe your thoughts on your relationship with the Savior and Heavenly Father.

21. What did you want to be when you grew up? Did you do it (yet)?

22. What are your talents or hobbies?

23. Who were your best friends in high school? Are you still in touch with them? What did you do together?

24. Tell about a vacation you and your family took. Are there pictures?

25. What events in history have you lived through?

26. When did you meet your spouse? Tell about your courtship.

27. Who is the first person you recall dying? How did it affect you?

28. Describe a day in High School. Where? Classes? Transportation, friends, teachers, likes/dislikes, mascot, school colors.

29. Describe a time when you were serving someone else.

30. What was your first car? How old were you when you first learned to drive? How much was gasoline?

31. What is your favorite scripture story?

32. What is the most daring thing you have ever done?

33. Describe your wedding day.

34. If you could meet one person in the world, who would it be? Why?

35. Name something that you have really prayed for, and know the Lord hears you… even if the answer hasn’t come, or is “no”.

36. If you could change any part of yourself, what would it be?

37. Have you ever stood up for what you believe in, even if it was hard or unpopular?

38. What education have you pursued for your livelihood? Are you happy about it? Has it been all you hoped it would be?

39. What are your favorite colors and styles for your home?

40. How has being a parent changed your world?

41. What would you do more of, if you had the time?

42. What is a favorite movie or book?

43. If you could travel to anyplace in the world, where would it be? Why?

44. Tell of a time when you were frightened.

45. Yummy, yummy, yummy! I just love \_\_\_\_\_\_\_\_\_\_ (what?) Who makes it? Describe its delicious goodness!

46. Name something that you have done before that you would love to have the opportunity to do again.

47. Name something you hope you NEVER have to do again!

48. Make a promise…. Right here and NOW!

49. What’s one thing for which you’d like to be remembered?

50. If you knew today were your last, how would you want to spend it?

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