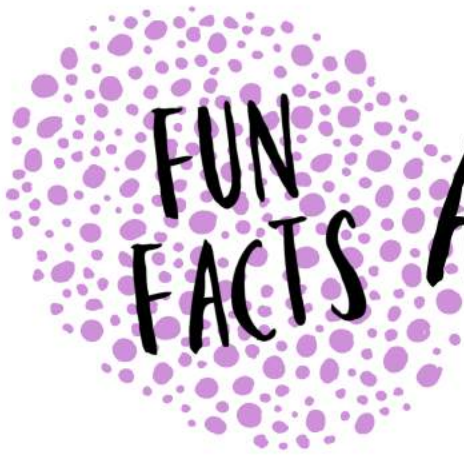




# JOURNAL PROMPTS FOR TEEN GIRLS

8 WEEKS OF PROMPTS FOR  
REFLECTION & PERSONAL GROWTH

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# FUN FACTS ABOUT JOURNALING

It may surprise you to learn that the habit of journaling is actually good for you physically, mentally, emotionally, relationally and spiritually. Here are just some of the benefits research points to:

## Physical

- Improves physical health
- Strengthens immune system

## Mental

- Improves memory
- Cultivates problem-solving skills
- Learn from experiences

## Emotional

- Uplifts mood
- Helps us put words to feelings

## Relational

- Build communication skills

## Spiritual

- Focuses our attention; helps us pay attention to God
- Shapes our prayers
- Increases our sense of gratitude
- Grows our self-awareness



# WHAT TO KNOW ABOUT THIS JOURNAL

My hope in putting these guided journaling prompts together is you would discover for yourself the benefits listed on the previous page and develop a hunger for time to step away from the distractions of this world to reflect.

I would encourage you to find a time in the day that works best for you to journal and try to make it consistent. We are much more likely to build a habit and stick with something when we have a regularly scheduled time for it.

The journal gives you 8 weeks of prompts devoted to a particular theme. Each week includes just 5 days to give leeway if more time is needed for one day or a day is missed. Interwoven throughout the journal are questions pertaining to Christian faith.

As a Christian I believe our eternal hope and true identity is found in Christ. And our relational peace with God extends to our experiential daily peace. In other words, knowing who he is and who I am in him informs how I think and feel. As this is a journal not a teaching devotional, if you want to know more about God and his promises I would direct you to resources for teens put out by New Growth Press, P&R Publishing and/or Rooted ministry, and above all to plug into a local gospel teaching church.

For the parent reading this you may find my book *Parenting Ahead* helpful, or my RedemptiveParenting Instagram feed. You can also learn more about me or contact me through my website [www.kristenhatton.com](http://www.kristenhatton.com)





# 8 WEEKLY CATEGORIES

1 Who Am I?

2 Shaping Influences

3 Friendships

4 Pressures

5 Anxiety & Fear

6 Peace

7 Gratitude

8 Growth



# WEEK ONE: WHO AM I?

## Day One

Write about the things that bring you the most joy.

When do you feel the most sad?

List 4-5 feelings you feel the most. And if you had to give them a color what color would they be and why.

## Day Two

What do I spend my time daydreaming about? What are my dreams/goals?

What do my goals/dreams reveal about my heart/values? Does this reflect what is actually most valuable to me? If not, what is most valuable to me?

What character traits are most important to me?

## Day Three

In the mask, illustrate and/or describe how you present yourself to others.



When and with whom is this how I act? I.e: certain friends? Online? Parents?  
Why do I present myself this way with these people?

## Day Four

If you flip the mask over as if this is the reverse side, illustrate or describe who you are behind the mask that others see on the outside?



What do you notice when you compare the outside of your mask to what is hidden behind it.



## Day Five

What would it take to bring forward the parts of you that stay hidden behind the mask? What are the fears?

Who knows the you without the mask on? Who do you wish knew you without the mask on?



# WEEK TWO: SHAPING INFLUENCES

## Day One

Write about what you love about your family and/or what is hard about your family.

If you could change anything about your family what would it be and why?

## Day Two

When you get older, what memories from your childhood will you want to recall and/or hope to let go of?

Write about the people who have had the greatest influence on you and in what way.

## Day Three

How has the city you've grown up in influenced you? What about your school? Church and/or camp? Other environments?

If you could live somewhere else would you? If so, where and why? Or, same questions but insert "school" or "church" in the place of "live."

## Day Four

How do you view God?

How do you think your view of God influences your view of yourself, others and/or the world around you?

What influence does faith have on your life, or what makes faith hard for you?



## Day Five

What is something that you believe strongly? Where did this belief stem from?

When would you be willing to stand up for your beliefs and when would it be hard?



# WEEK THREE: FRIENDSHIPS

## Day One

What does it mean to be a good friend?

What qualities do you believe are most important in a friend and why?

## **Day Two**

How do your friends embody or not embody what it is to be a good friend?

What about you--in what ways are you a good friend? What ways do you struggle to be a good friend?

## Day Three

How do you respond when there is conflict or drama with a friend/friends?

What would it look like to engage in healthy conflict and arrive to the other side with friendships intact? What would keep you from this?

## Day Four

Write about what you observe in general with friendships at your age. What do you wish was different?

When do you feel most lonely? What gives you hope in relation to friendships?



## **Day Five**

Pour out your heart to God about any current struggles or hurts with friendships. Or write a prayer of thanksgiving for the friends God has given you or for his protection in leading you away from certain friendships.



# WEEK FOUR: PRESSURES

## Day One

Write about the 3-4 sources of pressure that feel greatest for you. For example, the pressure to always look good, the pressure to perform (academics or athletics, etc.), pressure with friends or social media, FOMO or more.

## **Day Two**

Where do you feel like the pressure comes from—within yourself? From others? Your environment? Write about why this is.

## Day Three

On a scale of 1-10 with 10 being the most pressure, what number do you find yourself at most? Write about the thoughts/self-talk that go along with the pressure you feel.

If a friend shared with you these same thoughts/self-talk, what truths would you give her to replace the lies?

What makes true truth hard for you to believe?

## Day Four

In addition to reorienting your self talk, what other steps could you take to change the pressure you feel.

Do you feel like you have the courage to make these changes? Why or why not?



## Day Five

Write a prayer asking God to help you to more quickly identify lies and believe what is true, and the courage to change what you can control regarding the pressure you feel.



# WEEK FIVE: ANXIETY & FEAR

## Day One

What creates any anxiety or fear for you? What are you most anxious, worried or afraid of right now?

What do you do with your anxiety & fears. In other words, how do you deal with it? For example: distract self, obsess, worry, talk to someone, pray

How are those things working for you?

## **Day Two**

How does social media make you feel? What role, if any, does it play in your anxious thoughts?

Elaborate on whether social media limitations would be freeing or fear-inducing, and why?

## Day Three

Where do you experience anxiety in your body? For example, rapid heart-beat or tight muscles.

List and elaborate on the feelings you experience as a result of anxiety and fear.

What is beneath these feelings, or the thoughts that go with them?

## Day Four

Give the anxious voice in your head a name to help separate him/her from you. What is the name? Illustrate this "person" below and explain why you personified it as you did.

## Day Five

Write a letter to yourself with what you need to hear or remind yourself when the Anxiety voice in your head (whatever you named him/her) gets going. Think of this letter as a response to refute what Anxiety or Fear keeps telling you.

A large, irregular shape filled with many small, overlapping yellow circles of varying sizes, creating a polka-dot pattern. The text is centered within this shape.

# WEEK SIX: PEACE

## **Day One**

Where is your favorite place to go when you feel restless? Write about a favorite place you can go in your mind to help calm you when your feel restless?

## Day Two

What things can you do (physically, mentally, emotionally, spiritually) to cultivate well-being, more calmness or better coping in your life? Try to list 2-3 or even more for each category.

In looking at your lists, what area(s) need some attention and who could you brainstorm with to come up with more things to list in that category?



## Day Three

What do you think it means to be at peace with God?

How might peace with God impact peace in other areas of your life?

## Day Four

If you woke up tomorrow morning and all the pressure and anxiety was gone what would that feel like for you? Describe how you would feel, what you would do and what would be different in your day.

If you woke up tomorrow morning and the circumstances that have caused pressure and anxiety for you have not changed but you had more peace anyway, what would you attribute that to?

## Day Five

Write a prayer either asking God to draw near to you and give you peace regardless of circumstances or thank him that he does give perfect peace beyond understanding.



# WEEK SEVEN: GRATITUDE

## Day One

Describe a blessing that has happened this week? This month? This year?

## Day Two

List 5-10 people and/or 5-10 things you are grateful for and tell why.

## Day Three

List 5-10 things about how God made you that you are grateful for? If this is hard to come up with, write a prayer asking God to help you see you as He sees you. Or, simply write a prayer thanking God for how he made you.

## Day Four

Reflect on how you've seen God's goodness and faithfulness.

If you are struggling to see God's goodness and faithfulness, write a prayer asking God to help you abide in Him even if \_\_\_\_\_.

## Day Five

What have you noticed in yourself when you focus on gratitude?

If you began to keep a list of gratitudes each day what do you suppose you might feel more of/less of? Are you willing to try? Why or why not?





# WEEK EIGHT: GROWTH

## Day One

Write about the hardest thing you've ever gone through or had to learn?

How are you different now because of it?

## Day Two

What are your thoughts about the connection between adversity and growth?

If adversity leads to growth, how might this alter your thoughts about hard times/transitions and change?

## **Day Three**

Tell about an area you are growing in.

Where do you see God's grace in the growth you've experienced?

## Day Four

What is another way you hope to grow/change this year?

What will you do to move toward this? Write a prayer asking God to help bring about this change.

## Day Five

Write about what you've learned about yourself from doing this journal.

What has been the most beneficial part of journaling?