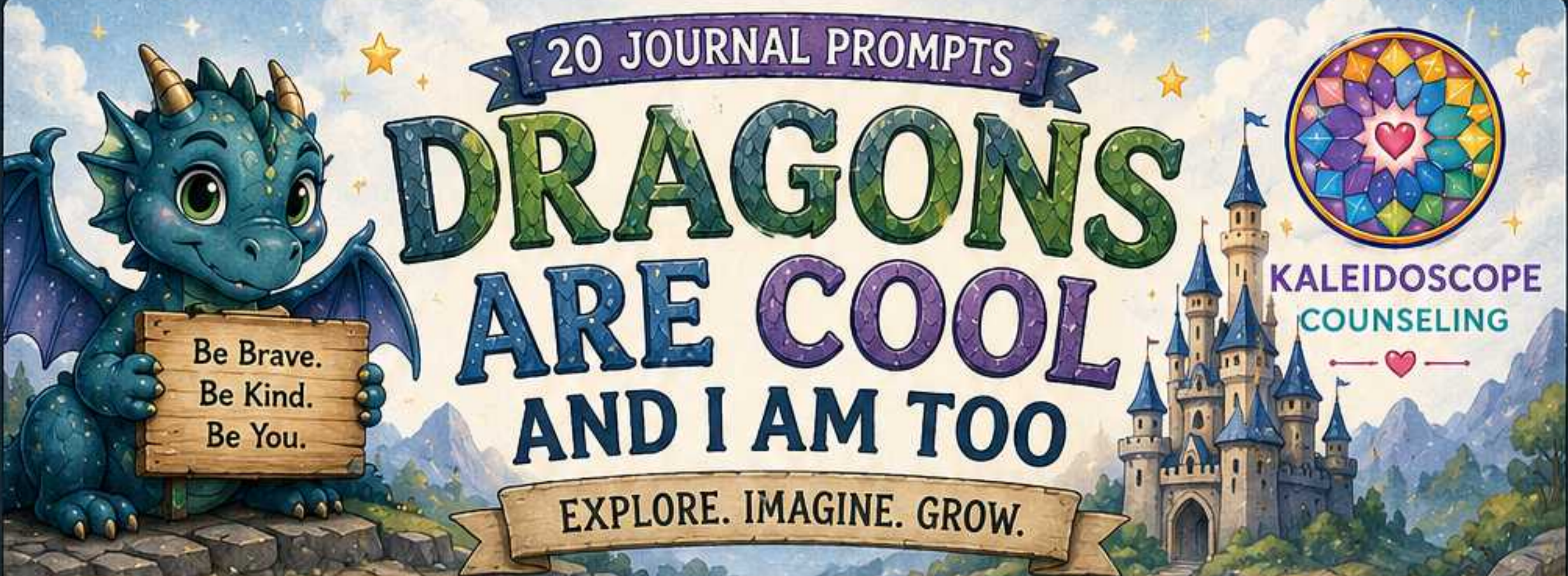




20 JOURNAL PROMPTS

DRAGONS ARE COOL AND I AM TOO



KALEIDOSCOPE COUNSELING



EXPLORE. IMAGINE. GROW.

- 1** If you had your own dragon, what would you name it and what would it look like?
- 2** What is something you are really good at? Why do you think you're good at it?
- 3** What is a goal you are working toward? How will you reach it?
- 4** What makes you feel brave? Write about a time you were courageous.
- 5** If you could have any superpower, what would it be and why?
- 6** Who is someone you look up to? What do you admire about them?
- 7** What is something that makes you laugh every time?
- 8** If you could explore any place in the world (or fantasy world), where would it be and why?
- 9** What is something you find challenging? How can you keep trying?
- 10** Describe your perfect day from morning to night.
- 11** What are three things you are thankful for today?
- 12** If you could build anything, what would it be and why?
- 13** How do you treat your friends? What makes a good friend?
- 14** What is something you want to learn more about?
- 15** If you were a character in a story, what would your adventure be?
- 16** What helps you calm down when you feel angry or frustrated?
- 17** What are you really proud of yourself for?
- 18** If you could give your future self one piece of advice, what would it be?
- 19** What is one way you can be kind to someone today?
- 20** Write a letter to your future self. What do you hope they will remember?

♥ KALEIDOSCOPE COUNSELING ELEMENTS ♥



SELF-AWARENESS
Notice your feelings and understand yourself.



EMOTIONS & REGULATION
Learn healthy ways to manage big feelings.



CONFIDENCE & GROWTH MINDSET
Believe in yourself and keep growing every day.



RELATIONSHIPS & CONNECTION
Be kind, listen, and build strong friendships.



PURPOSE & VALUES
Discover what matters most and live it.



COPING & RESILIENCE
Use tools to handle challenges and bounce back.



MINDFULNESS & WELL-BEING
Take care of your body, mind, and spirit.

You are unique. You are strong. You are enough.
Keep shining—your story is just beginning!

