

20 Fantasy Journal Prompts

for Young Girls

Reflect. Imagine. Grow. You are Magic.

KALEIDOSCOPE COUNSELING ELEMENTS



Self-Awareness



Emotions & Regulation



Confidence & Growth Mindset



Relationships & Connection



Purpose & Values



Coping & Resilience



Mindfulness & Well-Being

1



If you had your own fairy, what would she look like and how would she help you?

2



What color best shows how you feel right now? Why? What would help brighten your day?

3



What is something you're proud of about yourself, no matter how small?

4



Who are the people in your life that make you feel loved and supported?

5



What is something you love to do that makes you feel like YOU?

6



When something feels hard, what is a tool or strategy that helps you keep going?

7



If you could create the perfect self-care day, what would you do?

8



What is one thing you like most about your unique personality?

9



What big emotion do you find hardest to handle? What helps you feel better?

10



What is a goal you're working toward? What is one tiny step you can take today?

11



How do you show kindness to others? How do you show kindness to yourself?

12



If you could spread magic in the world, what would your magic be and why?

13



Tell about a time you felt brave. What gave you the courage to try?

14



What can you do when you feel worried, overwhelmed, or scared?

15



What are three things that make you feel happy and peaceful?

16



What negative thoughts do you wish you could let go of? What would you like to believe instead?

17



Describe your perfect friend. How are you that friend to others?

18



If you could go on a magical adventure anywhere, where would you go and what would you discover?

19



What does resilience mean to you? How have you shown resilience before?

20



Look in your magic mirror (heart). What is a message you need to hear today?

You are a beautiful, magical masterpiece. Keep shining!

EVERY DAY IS A NEW CHANCE TO GROW, GLOW, AND BE YOUR BEST YOU!

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