

NSCD Journaling Challenge

<p>Day 1: Write about 5 things that make you happy.</p>	<p>Day 2: What qualities do you love most about yourself.</p>	<p>Day 3: What are 3-5 goals you have for this year? Write out a plan on how you will reach each one.</p>	<p>Day 4: Write a letter to the future you.</p>	<p>Day 5: Write about one of your funniest memories. What was so funny?</p>
<p>Day 6: What are you most afraid of? Why?</p>	<p>Day 7: Write about someone in your life that makes you feel special. Why do they make you feel the way that you do.</p>	<p>Day 8: In detail, describe a perfect day.</p>	<p>Day 9: If you had to eat one thing for the rest of your life what would it be?</p>	<p>Day 10: Write a letter to someone in your life - you don't have to give it to them!</p>
<p>Day 11: If you could be anywhere in the world right now, where would you want to be and why?</p>	<p>Day 12: What is one of your favorite things to do?</p>	<p>Day 13: What is your favorite movie and why?</p>	<p>Day 14: Write about something that is frustrating or challenging for you.</p>	<p>Day 15: What items or objects do you find most comforting. Why is that?</p>
<p>Day 16: What do you think is your spirit animal and why?</p>	<p>Day 17: What skill or activity are you interested in learning how to do?</p>	<p>Day 18: Write about something random that you have seen that has made you smile.</p>	<p>Day 19: What is your favorite food and why? Can you cook it?</p>	<p>Day 20: Check in with yourself, how are you doing today?</p>
<p>Day 21: If you could meet one person, dead or alive, who would it be and why?</p>	<p>Day 22: What is your favorite flower, plant or tree?</p>	<p>Day 23: If you could time travel, what year would you go to and why?</p>	<p>Day 24: Describe something that made you happy today.</p>	<p>Day 25: What are some things you do to relax? Why is it relaxing?</p>
<p>Day 26: Write about a difficult experience you have had from the perspective of somebody else.</p>	<p>Day 27: If you could have any superpower what would it be?</p>	<p>Day 28: Write down three things that you are grateful for.</p>	<p>Day 29: Reflect on a moment in time where you felt accomplished. Describe how you felt and what you did.</p>	<p>Day 30: Write about how you have grown these last 30 days and what goals you have for the next 30.</p>