

# Journal Prompts :

## Show Good Character

1. Describe a relative of yours who demonstrates loyalty.
2. What would you do if somebody was picking on a family member?
3. Describe one your best character traits and explain why you're good at this trait.
4. Has anyone ever betrayed you? Describe the situation and how you handled it.
5. When is it important to be able to laugh at yourself? Describe a situation.
6. Name 3 character traits that are important to you and state why.
7. What 3 character traits could you improve on and how?
8. What does it mean to be forgiving? Think of a time where you had to forgive somebody and describe how it was hard to do.
9. Describe a time when you held a grudge. What is the right thing to do in this circumstance?
10. What does compassion mean to you? Give an example when you had to be compassionate.
11. List 10 character traits.
12. Describe a time when somebody broke a promise. Sometimes promises are broken, how should you handle having to break a promise?
13. What does it mean to be open minded? Why is it good to be open minded sometimes?
14. Describe all the ways you are responsible at home and at school.
15. What is the danger of making first impressions? Describe a situation.
16. Parents often hear 'that's not fair'. Describe situations you've had that really aren't fair.
17. Is it possible to be 100% fair all the time? Describe why or why not.
18. Are school rules fair? Which ones would you change and why? Which school rules are the most important ones?
19. When were you treated unfairly? How did you feel? What could you do about it?
20. Describe a time when you had a good sense of humor and why it was important to have a good sense of humor.
21. People often comment 'Walk a mile in my shoes'. What does this comment mean and why is it important?
22. Describe a time when you were wrong but thought you were right. Discuss why it's important to acknowledge that sometimes we can be wrong?
23. Describe 2 or 3 silly arguments you have had in the past.
24. What really upsets you? What is the best thing to do when somebody upsets you?
25. Describe an event where you had to show compassion. Why is compassionate important?
26. Describe a time when you helped somebody? Why is it important to help others?
27. Describe one of the nicest things somebody has done for you.
28. What's the nicest thing you have done for somebody else?
29. Discuss a time where using common sense is important.
30. Define optimism and discuss why having optimism is important.