

# Memoir Prompts

1. What's one thing you're proud of doing this week?
2. Describe your dream job and what makes it exciting to you?
3. Who in your life inspires you, and why?
4. What's one thing you'd like to improve about yourself this year?
5. If you could relive any day from the past year, what day would it be and why?
6. Write about a moment that made you laugh recently.
7. What's one thing you're grateful for today?
8. How would you spend a day with unlimited money?
9. What's a piece of advice you've received that really stuck with you?
10. Describe your ideal weekend. What would you do?
11. What's something you love about yourself?
12. What's a goal you have for the future? How do you plan to reach it?
13. Describe a time you stepped out of your comfort zone.
14. If you could visit anywhere in the world, where would it be?
15. Who is someone you admire? What qualities do they have?
16. What's one thing you wish adults understood about you?
17. Describe a recent achievement, big or small.
18. What's your go-to way to relax after a long day?
19. What's a book, movie, or show you love, and why?
20. Write about a hobby you enjoy and what it brings to your life.
21. What's a challenge you've overcome recently?
22. What's something you wish you knew how to do?
23. If you could have any animal as a pet, what would it be?
24. Write a letter to your future self. What would you want them to remember?
25. Describe your favorite place and why it feels special.

26. What's something you've learned recently that surprised you?
27. How do you show kindness to others?
28. What are three things you'd like to accomplish by the end of high school?
29. Describe a perfect day from morning to night.
30. Who would you consider a role model, and what have they taught you?
31. What's something you're curious about and want to learn more about?
32. How do you handle stress, and what helps you feel calm?
33. Describe your favorite meal and why it's special to you.
34. What's a quality you value in a friend?
35. Write about a time you made a positive impact on someone's day.
36. What's something that makes you feel confident?
37. Describe a time you felt really proud of yourself.
38. If you could create your own holiday, what would it celebrate?
39. Write about a recent experience that taught you something.
40. What's your favorite way to spend time with friends?
41. Describe a time you helped someone in need.
42. What's something you'd like to get better at?
43. If you had the power to change one thing about the world, what would it be?
44. Write about a goal that feels big or ambitious. What would it take to achieve it?
45. What's something that makes you feel truly happy?
46. Describe a tradition or family ritual that's special to you.
47. What's a small moment from today that made you smile?
48. If you had to pick a quote to live by, what would it be?
49. What's one thing you're excited about for the future?
50. Write about something you want to remember about yourself right now.