

# 101 JOURNAL TOPICS

- What is the one thing you fear most in life?
- What do you hate doing? How does that make you feel?
- Is there anything you really want to do, but just too scared to do it? List down 3 things that make you feel uncomfortable
- Was there a truth that you ever feared hearing?
- How do you feel being surrounded by people more superior than you?
- Does change scare you?
- Have you ever been in a vulnerable situation? How did it make you feel?
- Do you ever fear about what others think about you?
- Have you been in a situation that made you feel scared? What did you do at that moment?

# Journal Topic Ideas

**Jodene Smith**



## Journal Topic Ideas:

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