



# 100 LEGACY JOURNALING PROMPTS

*Expand Your Story, Deepen Your Memories*

This companion guide offers 100 fresh prompts to inspire deeper reflection, storytelling, and memory keeping. Designed to pair with the Legacy Journal or How to Legacy Journal, it gives you additional space to explore your identity, relationships, wisdom, creativity, and personal philosophy. Whether you've filled your first journal or simply want new ways to capture your life experiences, these prompts will help you preserve meaningful moments, share hard-earned lessons, and create a record that future generations will treasure. Use them as a standalone resource or alongside your guided journals — the choice is yours.

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## 100 Additional Legacy Journal Prompts

### Identity & Character (1-15)

1. What smell instantly brings you back to childhood, and what memory does it carry?
2. Describe the moment you realized you had become an adult.
3. What characteristic do you share with your mother that you're proud of?
4. Write about a time when you had to defend something you believed in.
5. What would your 10-year-old self think of who you've become?
6. Describe a habit or quirk that people who know you would immediately recognize.
7. What's something you've always been naturally good at, even as a child?
8. Write about a time when you completely changed your mind about something important.
9. What's the most rebellious thing you've ever done?
10. Describe your relationship with money and how it's evolved over time.
11. What fear have you conquered that you're most proud of overcoming?
12. Write about a compliment someone gave you that you'll never forget.
13. What's something you do when you're alone that nobody else knows about?
14. Describe a moment when you felt like an outsider and how you handled it.
15. What's the most important promise you've ever made to yourself?

### Relationships & Connection (16-30)

16. Write about a stranger who showed you unexpected kindness.
17. Describe the first time you felt truly understood by someone.
18. What's the most difficult conversation you've ever had to initiate?
19. Write about a friendship that ended badly and what you learned from it.
20. Describe someone who saw potential in you before you saw it in yourself.
21. What's the best piece of relationship advice you've ever given someone else?
22. Write about a time when you had to choose between two people you cared about.

23. Describe your most cherished holiday memory with extended family.
24. What's something you wish you had said to someone while they were still alive?
25. Write about a mentor who changed the trajectory of your life.
26. Describe the moment you knew you wanted to spend your life with your partner.
27. What's the most generous thing someone has ever done for you?
28. Write about a time when you had to forgive someone who didn't ask for it.
29. Describe a relationship that taught you what you don't want in love.
30. What's the most important thing you want your children to know about love?

### **Life Experiences & Wisdom (31-50)**

31. Describe the most beautiful place you've ever seen in person.
32. Write about a time when you had to make a decision with incomplete information.
33. What's the most physically challenging thing you've ever accomplished?
34. Describe a moment when you felt completely at peace with the world.
35. Write about a time when you had to start completely over.
36. What's the most valuable lesson you learned from a mistake you made at work?
37. Describe a moment when you felt truly proud of your country or community.
38. Write about a time when you had to choose between security and adventure.
39. What's the most important thing you learned from your first job?
40. Describe a moment when you realized your parents were just human beings with flaws.
41. Write about a time when you had to stand up to authority.
42. What's the most meaningful gift you've ever given someone?
43. Describe a moment when you felt connected to something larger than yourself.
44. Write about a time when you had to learn something completely outside your comfort zone.
45. What's the most important thing you learned about money the hard way?

46. Describe a moment when you realized you had more strength than you thought.
47. Write about a tradition you created that wasn't passed down to you.
48. What's the most important thing you learned about yourself during a difficult period?
49. Describe a time when you had to choose quality over quantity in some aspect of your life.
50. Write about a moment when you realized that change could be beautiful.

### **Creative & Personal Expression (51-65)**

51. What song lyrics perfectly capture how you feel about life?
52. Describe a piece of art, music, or literature that moved you to tears.
53. Write about a creative project you've always wanted to pursue but haven't yet.
54. What would you want to be remembered for creating or building?
55. Describe your ideal creative space and what you would do there.
56. Write about a time when you expressed yourself in a completely new way.
57. What story from your life would make the best movie or book?
58. Describe something you made with your hands that you're proud of.
59. Write about a performance, speech, or presentation that challenged you.
60. What would you want to teach if you could teach anything to anyone?
61. Describe a time when you used humor to get through a difficult situation.
62. Write about a photograph you wish existed but was never taken.
63. What would you want to document about this current moment in history?
64. Describe a skill you have that you think will be lost in future generations.
65. Write about something you want to create that would make the world more beautiful.

### **Legacy & Impact (66-80)**

66. What problem do you hope future generations will solve that your generation couldn't?
67. Describe something you've done that you hope will outlive you.
68. Write about a small act of kindness you performed that someone might still remember.

69. What change have you witnessed in the world that gives you hope for the future?
70. Describe how you want to be remembered by your professional colleagues.
71. Write about a cause you care about that doesn't get enough attention.
72. What wisdom do you have about aging that you wish you'd known when younger?
73. Describe something you've built, grown, or nurtured that will continue after you're gone.
74. Write about a stereotype or prejudice you've helped others overcome.
75. What do you hope people will say about the era you lived through?
76. Describe a positive change you've seen in your community during your lifetime.
77. Write about something you've preserved or protected for future generations.
78. What skill or knowledge do you have that you want to ensure gets passed on?
79. Describe how you've tried to make someone else's life easier or better.
80. Write about a barrier you've broken down for others to follow.

### **Reflection & Philosophy (81-100)**

81. What do you now understand about your parents that you couldn't see as a child?
82. Write about a time when doing the right thing cost you something important.
83. Describe what you've learned about the difference between loneliness and solitude.
84. What do you know about happiness now that you wish you'd known at 25?
85. Write about a time when you had to accept something you couldn't change.
86. Describe what you've learned about the relationship between suffering and growth.
87. What do you understand now about success that's different from when you were younger?
88. Write about a belief you held strongly that you no longer believe.
89. Describe what you've learned about the importance of rest and reflection.
90. What do you now know about friendship that you couldn't have known in your twenties?
91. Write about how your relationship with time has changed as you've gotten older.

92. Describe what you've learned about the balance between acceptance and striving.
93. What do you understand about forgiveness now that took you years to learn?
94. Write about how your definition of wealth has evolved throughout your life.
95. Describe what you've learned about the power of listening versus speaking.
96. What do you now understand about the relationship between vulnerability and strength?
97. Write about how your understanding of home has changed throughout your life.
98. Describe what you've learned about the difference between being busy and being purposeful.
99. What wisdom about loss and grief would you want to share with someone facing it for the first time?
100. Write about what you want people to remember most about how you lived, not just what you accomplished.