



Journal Prompts: 50 Firsts

Life Events

1. First job
2. First car
3. First award
4. First graduation
5. First promotion
6. First time voting
7. First time living alone
8. First apartment/house

Relationships/Social Life

1. First friend
2. First date
3. First kiss
4. First love
5. First breakup
6. First family reunion
7. First adult friendship

Personal Growth

1. First major success
2. First time keeping a journal
3. First time dealing with grief
4. First major disappointment
5. First time overcoming a fear
6. First time setting personal goals

Work and Career

1. First promotion
2. First business trip
3. First time quitting a job
4. First time leading a team

Health/Fitness

1. First 5K
2. First health goal
3. First gym membership
4. First fitness challenge
5. First major health challenge

Education/Learning

1. First college course
2. First certificate/degree
3. First workshop/seminar
4. First class/seminar taught

Technology/Social Media

1. First computer
2. First cell phone
3. First video game
4. First social media account

Financial/Money

1. First paycheck
2. First credit card
3. First investment
4. First major purchase
5. First time creating a budget

Miscellaneous

1. First trip abroad
2. First time volunteering
3. First time adopting a pet
4. First time hosting a party
5. First time attending a festival
6. First time entering a competition
7. First time attending a sports event