**30 Day Journal Challenge**

Creative Writing/McMane

Not happy with your journal grade? Take the *30 Day Journal Challenge™* and replace your grade! Or, for those of you who did well on your journal, and simply want to write, try this:

**Write every day for 30 days. Date each entry**. You can write about any topic, a few sentences to more than a page. Try to vary your entries in both topic and length. Stuck? Here are 40 ideas:

1. A list of favorite movies and why you like them.
2. A song lyric that could summarize your mood that day
3. If you won the lottery, what would you do?
4. My dream house
5. The holiday I wish we had
6. I believe...
7. My dad
8. My mom
9. Television shows I love and loathe
10. In 20 years I'd like to be....
11. What I’m reading right now…
12. How to… (write the best Facebook update, lose a friendship, lie effectively, write a poem…)
13. A list of places you like
14. Bucket list
15. Religion
16. A mistake
17. Describe a “first” (first kiss, first time driving a car, first lie, first big success, first roller coaster ride)
18. It isn't fair....
19. Highlight(s) of my day
20. Rejection
21. A thank you note to someone you should really thank (honest, or sarcastic!)
22. Celebrity crush
23. A list of at least 50 things that make you feel good
24. Who would you most like to meet and why?
25. Write about what you didn't do this weekend.
26. Your favorite era: If you could live in any time period, when would you live and why?
27. My fashion sense
28. A list of questions that you'd like to have answered.
29. Childhood drama/trauma
30. Favorite childhood memories
31. Three wishes
32. What you are worrying about right now
33. Role models and/or heroes
34. Create the premise of a new TV show and cast it
35. What color(s) are you?
36. An evening of awesome (your perfect night)
37. Fictional character(s) you are in love with
38. Your wedding day
39. Lies you’ve been told
40. Write a story that ends with the following sentence: Debra brushed the sand from her blouse, took a last, wistful look at the now putrefying horse, and stepped into the hot-air balloon. (*Courtesy of McSweeney’s*)