

Name: \_\_\_\_\_



## Personal Narrative Journal Writing

A **personal narrative** is a true story about your life. A **journal** allows you to record what is happening in your life and helps you to work through your thoughts and feelings.

**Prompt:** Choose one of the following prompts to journal about.

1. Have you ever had something terrifying happen to you? Tell the story of what happened.
2. Do you have any fears you hope to overcome. Tell about this fear and how you hope to overcome it.

