

Thank You

for joining me for the
workshop

Journaling with Joy!

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Writing the SOUL with HEART

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52 Journal Prompts for Creativity

❖ Words

- Sunflowers
- Gramercy
- Dumplin's
- Extract
- Parchment
- Expiration Dates
- Fireball
- Distance
- Lollygagging
- Mission
- Back-sliding
- Drifting
- Frozen
- Biblioklept
- Hobble
- Intertwine

❖ Imagery

- A plump robin perched on a log
- The smell of cinnamon
- Cowgirl boots
- The feel of mud squishing between your toes
- Freshly poured asphalt on a July day
- The bayou after a summer shower

- Bright yellow butter melting on hand-squashed biscuits
- Fresh-mown grass and burgers on a grill
- Sunlight shimmering on the lake
- Puppies playing in a large open field while their mother lays nearby in the shade
- Horses galloping in the snow, snorting puffs of cold air out and tossing their manes as they run
- Bright-colored beads draped along a black wrought-iron fence
- The mountaintop view of the sun sinking into a valley far below
- Sounds of children laughing and shrieking mixed with splashing water
- The taste of homemade peach cobbler, topped with homemade ice cream after a long summer day outside
- A dripping candle on a windowsill with snow drifting outside

❖ Starters

- The weathered door sagged a little more each time the west wind slammed it against the barn.
- That was the day I discovered I'd never been who I thought I was.
- The latch didn't catch behind him. Before he heard the rusty gate crash into the fence, the bull's bony head had already lifted his behind into the air.
- His mama always warned him about picking up strangers on the side of the road.



- Deep inside the forest, I lifted some hanging vines and ventured into a wide-open glade. What stood in the center shocked me.
- The little dog had an uncanny ability to know when someone was about to die.
- He caught her eye, and that was the last time she ever thought on her own.
- As the church bell chimed midnight, the stars began to dance.
- I felt his heartbeat and fell into a trance. When he finally shook me awake, his future continued to flash in my mind but I couldn't find the words to tell him his fate.
- Once upon a time, ...

❖ Scenarios

- A truck backfired on Magazine Street and spooked a trail horse. It threw its rider and is now barreling toward a picnicking family of five. What happens?
- A fisherman takes his new wife fishing for the first time in Lake Pontchartrain. She's from New York City and has never seen a fishing rod, let alone tried to use one. How does their day go?
- A little girl has her first taste of watermelon on a steamy August afternoon.
- A woman goes on a blind date that was set up by her ex-fiancé. How does this play out?

- You have the ability to float high above some scene. What do you see as you drift above:
 - A freeway at rush hour
 - A remote lake full of families on a holiday
 - A mountain rumored to be a kingdom of dark faeries
 - The middle of the Indian Ocean
- A toddler falls into a rushing river and a dog jumps in after him. What happens next?
- A new bakery opens on your street. It's called "Magical Cupcakes & More." You go to the grand opening and win a prize—a cupcake so special it's not even on the menu. That night, you eat it as your bedtime snack. When you wake up, you realize something magical has happened.
- You travel to an island where the water is perfectly clear. You see a rainbow of shells on the sandy ground and fish to match. You take a deep breath and dive under to explore. There is a ridge and you decide to swim a little further out to see how deep it gets. It's darker there, but the shells shine as bright as streetlamps and the fish swim around you. They seem to be greeting and welcoming you. They also seem to be leading you somewhere. Suddenly you realize you can't see the shallow end or the sunlight anymore. But, that's not the strangest discovery. You're breathing under water.
- Your pet starts talking to you one day. How does your conversation go?
- You get the chance to visit your birth planet. Where do you go and what do you find?



52 Journal Prompts for Introspection

- ❖ Who did you want to be when you were a child?
- ❖ Over the past week, what brought you joy and why? This could be a person, a place, an activity. You might think of one thing or several.
- ❖ Why did you choose the career you did?
- ❖ What can you do today for someone else?
- ❖ Who was the most influential person in your life as you were growing up? How did they influence you? What made you listen to them? How might your life have been different without their influence? If they were a positive light in your life, how could you do the same for someone today? Whether your influence was positive or negative, write them a letter to either:
 - thank them for what they did for you and share specifics of what they did that made a difference in your life or
 - explain to them how they hurt you or adversely affected your future and then share how you overcame their influence.
- ❖ As a follow-up to the last prompt, make a plan to reach out and help someone younger than you this week. Who can you mentor? What lessons from your past can you share with them?
- ❖ What is your greatest achievement?
- ❖ Where do you see yourself in five years? What do you hope to have accomplished? Who do you see with you?
- ❖ What do you want your legacy to be?
- ❖ If you could visit anywhere in the world, where would it be and what would you do?
- ❖ Who is your best friend? Why do you think you're such good friends? What do you love most about him/her?
- ❖ Do you have a bucket list? If not, make one! If you do, is there something on there you can make plans to check off this week or month?
- ❖ What is your favorite holiday and why? What do you love most about it?
- ❖ What is something you would like to learn more about? Write down some questions you have about it or reasons why you want to learn about it. Go to your library and do some research! Or go online and look for books or other resources to help you learn. Request anything you would like to check out.



- ❖ What would you like to improve about yourself? Think out why you chose this aspect and explore your reasons. If this is something you believe would be a positive adjustment, make specific plans of how to achieve it. How can you start this process today?
- ❖ What changes would you like to see in your community (family, neighborhood, church, city, parish)?
- ❖ How can you influence those changes in your community?
- ❖ Make a list of seven acts of kindness you could do. Now, do one each day this week! Write about each act—what you did, for whom, how it turned out, how it made you feel and what resulted from it.
- ❖ Be on the lookout for a sad person today. Maybe you find them through a dispirited social media post or you remember someone you saw over the weekend expressed some concerns or looked off or you see a stranger who looks like they're hurting. Whoever it is, think of a way you can reach out to them to cheer them up through a kind word, a call to check in or a smile.
- ❖ What are you passionate about? What makes your heart soar? How can you spend more time doing that thing?
- ❖ Did you have a hobby that you haven't had time for in years? Is it something you're still interested in? Can you make time for it now? If so, what do you need to do to get back to it? If not, do you have another hobby? What can you do to invest (time or money) in that hobby this week? If you don't have a hobby at all, what sounds like an interesting hobby? Does the library have books that can help you learn about it?
- ❖ Mountains or beach and why?
- ❖ What are you grateful for today?
- ❖ Who are you grateful for today?
- ❖ Who can you thank today?
- ❖ Write a letter to yourself as you were twenty years ago. What advice or warnings will you give yourself?
- ❖ If you could be an animal, what would you be and why?
- ❖ What is your greatest fear? Why do you fear it?
- ❖ What is your greatest desire? Why do you desire it?
- ❖ If you could meet any famous person from any time period, who would it be and why? What would you ask them? What would you like to do with them?
- ❖ If time travel were possible, when is the first time you would visit and where? Why would you choose then and there?
- ❖ If you didn't live here, where do you think you would live?



- ❖ What would you like to do today? (Don't pull something from your to-do list! Think off the list.) Do it and journal about it.
- ❖ What is your manifesto?
- ❖ Who would you like to be in ten years?
- ❖ If you could have intro music in everyday life—music that plays when you walk into places—what would you choose? Does the song describe you or is it just a favorite song? Does it pump you up?
- ❖ Imagine you are tasked with preserving your generation's essence for future generations. Write them a letter to showcase the best and worst of who we are right now. What have we learned? What are we learning? What are we known for? Where are we going? What is your hope for them?
- ❖ If you only had one week to live, how would you spend it?
- ❖ What famous person could you see yourself being best friends with and why?
- ❖ If you were king/queen, president, etc. for a day, what would be your top priority and how would you make it happen?
- ❖ How would you define love?
- ❖ If you could live in any fictional world, which one would you choose and what would you pack to go there? What would you do first? Who would you hang out with?
- ❖ Which planet (other than ours, of course) would you most like to visit (forget any scientific barriers, please)?
- ❖ What about you bothers you the most? What can you do to alleviate your concern and how will you start today?
- ❖ What is your favorite movie of all time and why?
- ❖ What is your favorite book of all time and why?
- ❖ What does weakness mean to you?
- ❖ Who do you most admire and why?
- ❖ What is your biggest regret in life? Can you change it now or can you learn from it in an active way?
- ❖ What is the greatest lesson you've learned in life? Write out what made it so important and beneficial to you. Who can you share this lesson with this week?
- ❖ If you could set up an ideal government system in your country, what changes would you make to your current situation? Why do you think your changes would improve life for citizens?
- ❖ Think of the kindest things people have said to you. Make a list of them and put them somewhere you can access on a down or trying day.



SCAN ME

