

Thank you for joining our Newsletter Group!

Whether you are journaling your own journey, keeping an daily diary, or scrap booking your photo memories, we at Journaling Life want to be a resource for you. We want to give you the tools you need to make the most of your writing, and to encourage you no matter what your style is or level of experience. Subjects we plan to cover in future newsletters include the following:

Dealing with the Blank Page

How to overcome the Tabula Rasa of the brain.

Teaching Children to Journal

Basic insights and tools on how to inspire children to love the written word.

Spiritual Journaling

Journaling as a conduit to spiritual growth.

Scrap Book Journaling

Sherri will share with you her vast experience with scrap booking.

Genealogical Journaling

Putting together a family tree and writing about your family history.

Reading Journals

Learning to annotate the books you love to read.



We have many more ideas and things we would like to share with you, but feel free to send us your suggestions and ideas. You can contact me at dave@journalinglife.com .

Our newsletter is delivered to your email box at the first of the month, no later than the 5th. We do not spam our list, nor do we sell it or use it for anything other than contacting you about our newsletter and our website, JournalingLife.com

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join@JournalingLife.com

We hope you enjoy this little file we have created with some popular journaling prompts!

Enjoy,

Dave Russell, Editor

www.JournalingLife.com

30 Journaling Prompts

Your Family's Story

Every family has a tale to tell, and you could easily fill a journal with all the tales of your family! Don't forget the ones that appear at every holiday gathering; the story about Grandma and the squirrel or the time that little Ricky got stuck under the porch. These are the genealogy gems that your future family members will cherish!

Your Childhood

Writing thoughts and memories of your childhood can fill many volumes of journals. Don't worry about writing in chronological order, chances are as you write about one favorite memories, two more will come to mind. Just keep writing!

Birth of your Children

Sit back and remember the day, the time, your thoughts and the flurry of activity surround such a miracle. Your children will love to read about their grand entrance and the blessings that come from the memories will delight you in your older years.



Military Experience

Did you experience the thrill of boot camp? How about the first time you jumped from a helicopter and ended up in the hospital? Do you have memories of wartime combat and friends you lost? These thoughts and memories are important and often therapeutic as well. Include photographs if you have them and even color copies of insignia, medals and awards.

First Romantic Encounter

Ah, springtime and love is in the air... or was it the flush of frost on the first day of fall at a football game when you got your first kiss from that young man you adored. Do you even remember his name? How about that little golden headed, blue eyed angel in 2nd grade! Remember your thoughts and memories of that first true love... even if it didn't last!

Traumatic Experience

Has something dreadful happened in your life and you find it difficult to talk about? An accident, death or difficult emotional situation? Writing is a wonderful form of therapy and may help to ease the transition to actually talking about the incident after you have collected your thoughts on the matter.

Employment Experiences

From that first job stocking canned goods at the grocery store to the time you started your first business, your employment stories, experiences and wisdom learned from the various occupations of your life can be a wonderful way to start a journal.

Graduation

Whether it's high school, college, or a special course or class, these times of accomplishment can be very rewarding to write about and often provide wisdom and insight into our goals in life.

Wedding/Marriage/Anniversary/Divorce

The day of your wedding is wrought with experiences, both good and not so good! Writing can bring the memories in clear focus. You can also choose to write about your relationship and possibly resolve tough situations through the written word. Start a journal on each of your special anniversaries and in 30 years that book will be a drama of your marriage! Divorce is such a bittersweet agony, even when the breakup is amiable, there are always unspoken moments of angst that can be dealt with in the written word.

Questions of Faith

Whatever your faith, there are moments that you have questions, needs to be fulfilled through scripture and study and blessings that come to you. Journaling these moments and thoughts can help to fill the wellspring of your spiritual soul.



Near Death Experiences

Not everyone can claim these odd experiences, however if you can, write about the incident! You never know who might be interested in such an experience and it might bring you some insight and clarity into the blessing that is life!

Social Injustice

So often in life, there are times of social injustice and there are not always easy answers or a change to react. Writing your thoughts, feelings and emotions over acts of injustice may help to ease the pain.

Unsent Letters

Did you lose a loved one to unexpected death and you had unresolved feelings or words? Write them a unsent letter. How about a friend that you have lost touch with, or perhaps even a relative that you never knew, but wished you did. Unsent letters can be very helpful and therapeutic. And creative too! You might even try and respond in the tone and demeanor of the missing writer!

Letters to your Children

What a lovely idea... write a letter journal to your children to be read when they are young adults or at specific times such as their marriage, birth of a child, their first home. Your own thoughts and memories can be a delight and a source of great personal warmth to your children.

Personal Milestones

Remember the time you won that contest, or when you battled an illness and survived. Big or small, personal milestones can serve as goals for new milestones and are a blessing to look back upon when you need a bit of encouragement.



Political Views

Your thoughts and views on the political arena can be a wonderful journaling idea! Especially during major elections and the thoughts can help you to keep track of the many candidates and their thoughts and stands on the things that you deem important!

Ecological Ideas

So many of us have thoughts and idea about ecological views and we rarely voice them. Get a journal and write what you think about saving whales or redwood forests or the tragedy of strip mining or deforestation. Be sure to add notes of interesting websites or organizations that feel the same way! A great way to gain clarity in your views.

Inventions

If you're like many people, you have thought of a few good ideas and thought, why doesn't someone make this or that. Well, often we don't have the time to develop these ideas immediately, and a journal can help you to remember the next big invention that might save the world, or at least butter a bagel after cutting it safely! Who knows what your mad scientist's journal might yield!! Remember to add sketches and little notes too, a true journal of pure inventing genius!

Health Issues

Are you facing a difficult health concern or issue? Are you facing a long drawn out illness or perhaps a surgery where you have apprehension? A journal specifically about a health issue might be good medicine for you!

Holidays

The holidays are a wealth of memories, traditions and activities that just scream for the need to be journaled! Imagine the delight of a relative in the future that learns and adapts one of your family traditions again, after being lost through the ages! It's always possible if you get these traditions on paper and ready for the future.

Learning to Drive / First Car

Do you remember that first driving lesson with your Dad? The same time that you nearly killed the dog and scraped the fence? How about your first car that you bought with savings from your job at the local market? How did it feel to drive, what style and model was it? Who was the first young lady to sit beside you at the drive in? Cars are such a part of the American experience, if you love them, write about them!

Vacations & Travel

Documenting your life's travels is a great way to remember the vacations long after the photos are put away and forgotten about. Did you get out to some exotic local during the war? How about a long awaited family vacation? Write out your itinerary and include mementos of the trip for fun!



Hobbies

A journal about your hobbies can be rewarding as well as informative. Keeping track of expenses, or contacts of other hobbyists can be very helpful. Collectors might want to detail their observations and information about great finds.

Philosophical Questions

Deep thoughts of a philosophical nature are a delight for the in-depth journaler of the soul. Far beyond the simple need to validate our existence and the meaning of life, a journaling your thoughts can help to solidify your own personal philosophy of life!

Memories of Home

That first home you bought as a young married couple is a great place to start, or how about your childhood home. Perhaps it was the college dorm you shared with friends. Whatever the thoughts and memories, the old home place is a delightful wealth of journaling prompts!

Memories of Relatives

Your thoughts and recollections of relatives, alive and passed, is a wonderful way to help ensure your family memories continue. Tie them in with photos, paper memorabilia and the thoughts of others through interviews and conversations. What a delightful genealogical treasure your work will be.

Seasonal Observations

Poems, thoughts and daydreams about the seasons can give your creative work a soaring lift. Transcribe all your thoughts... sights, sounds, events, and more. Collect other works to add into your journals, bits of poems and colorful descriptions of the world around you as the seasons change.

Historical Events

Where were you when the Twin Towers were attacked? How did you feel? What were your thoughts in the aftermath of such a national tragedy? Every time some great event touches your life, write about it. Your thoughts and observations might help to make some sense of a tragedy or might serve to job your memory when asked years later.

Spooky Experiences

Anything odd, kooky or unusual deserves a spot in your journal! Don't forget the odd coincidences as well, things that just don't make sense, but deserve a spot in your writing.

Outdoor/Nature Journaling

Journaling in the fresh air can be a spark to your creative soul as well as create a moment to slow down and truly enjoy the natural world as you draw or sketch your observations. Remember to write about the experience as well, the weather details, perhaps your thoughts, even a poem or quote that works well with your natural experience. There are some very popular journals that involve nature study. Journaling does not always mean simply the written word. Experience your artful side as well!

*We hope you have enjoyed these 30 journaling prompts!
You can use one a day and get your creative juices flowing!
Or take one and start a whole journal devoted to it...
whatever you do, just remember to stay at it and keep writing!*

Your soul will thank you!!!



30 Journaling Prompts - By Sherri Chekal & David Russell

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