



 **The Journaling Habit**  
**A Sampler**  
*31 Prompts for a Month of Writing*

By David L. Russell, Ph.D  
*Editor of JournalingLife.com*



# The Journaling Habit

## A Sampler

*31 Prompts for a Month of Writing*

Introduction to The Journaling Habit Books

A Sampler of the E-Books

The 31 Days of Prompts



By David L. Russell, Ph.D  
*Editor of JournalingLife.com*

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[www.JournalingLife.com](http://www.JournalingLife.com)

# Introduction to The Journaling Habit Books

Welcome to the Journaling Habit series. You have taken the first step towards enhancing your writing skills, and adding to your storehouse of ideas for writing subjects. We have found that many people give up the quest to start journaling because of a perceived lack of creativity, or confusion about "what" they should write. Well, we are here to help put those concerns to rest with our monthly journaling habit. Journaling does not have to be a complicated matter, but something that should flow naturally the more you do it. This may not come automatically for everyone, but we believe anyone can develop this skill with time and practice.

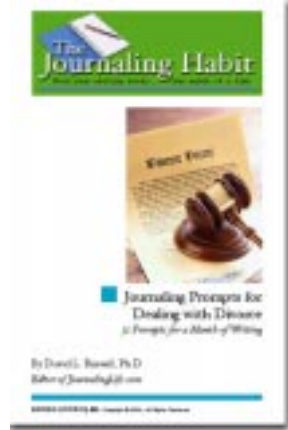
Other concerns that many new journalers tend to have is that their journal entries are not literary works of art. It would be wonderful if we could all produce award winning journals, but the simply do not have be anything more than your own thoughts, ideas, feelings, hopes, and dreams. Those of you with less writing experience will be amazed at how journaling will help improve your writing skills, in addition to helping you become more creative with your own ideas. Journaling, unlike keeping a diary, allows you to explore the world of ideas rather than keeping to a day-to-day catalog of your experiences.

Our Journaling Habit Series includes monthly subjects like, Prompts for children, Prompts for Parents, Relationships, New Love, Death and Loss, Depression, Spirituality, The Old Testament, The New Testament, Careers, Holiday Memories, Personal- Biographical, Vacations and Travel, Politics, Philosophy, Teachers and Mentors, Illness and Injury, Divorce, Family Heritage, and Marriage.

Life is a journey and we believe that one of the best ways to gain wisdom and insight on that journey is through cultivating your thoughts through writing. Taking our invisible thoughts and making them visible helps us to see what is in our minds. Writing is a tool that helps us keep track of the thoughts and ideas that often stay locked in our subconscious minds. We hope you enjoy our series, and use it as a tool to grow in wisdom and strength in the days ahead.



# The Journaling Habit



Thank you for downloading our Free Sampler File.

We have included a few sample prompt pages from several of our books, *The Journaling Habit*. We hope that you will find them insightful and helpful in your quest for good quality assistance in rewarding journaling prompts.

We have several titles planned and will continue to create them as we can. I hope that you will write and tell us which books are you interested in and we will strive to finish those that people desire most.

If you have any questions, comments or suggestions, please do not hesitate to email me and I'd be delighted to do my best to assist.

Journaling is something quite near and dear to my heart and I want to do whatever I can to help nurture this redemptive activity in everyone.

*Sincerely,*

What are your earliest memories?

Describe those memories and events that stick out in your mind. Start with the year and place of your birth. What historic events took place in the year of your birth?

You can easily find resources on the internet like [www.birthdayexpress.com](http://www.birthdayexpress.com).

### *Notes & Ideas*

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What kind of music did you listen to growing up? Did your parents try to keep you from listening to it, or did they leave you alone? Did you play a musical instrument when you were growing up? Do you still play it today, or do you play a different instrument.

### *Notes & Ideas*

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# From My Life, My Story Day Twenty Six

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When did you leave home?  
How old were you, and what were  
the circumstances? Can you remember  
how you felt the day you left?  
Describe your feelings on that day.

## *Notes & Ideas*

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Describe your thoughts about the passing of time. Does it seem as though time passes more quickly the older you get, or does it feel the same as when you were younger?

### *Notes & Ideas*

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### Who inspires you? Do you have a buddy?

What is special about this person that you trust so much to help you on your journey. Does this special person know that you need their help and support as you begin to change unhealthy conditions in your life? Consider telling them, asking for help and offer to do the same for them. It is said those making changes in their lives have a much greater success rate if they have a buddy and friend to help them during the rough times and to encourage when needed. Write about your helpmate and inspiration role model today.

*Notes & Ideas*

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Describe how you felt  
when the country went to war.

War is a scary thing and it is easy to feel overwhelmed about all the things that we have little control over. When the adults around us are angry, upset, scared and confused, it can bring on feelings that we need to write and talk about.

You might not remember the day in September, however, yet even today, in our news and through our lives, the war in Iraq touches us in many ways. Writing down your thoughts and feelings can help make sense of a confusing time.

*Notes & Ideas*

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If you could time travel, what period of history would you like to visit?

If it were up to me, I would travel back to World War II. I think the time period of our grandparents and great grandparents was a time that is very special to me. What time is special to you? Write about where you would go and how you would prepare for it. What would you bring? How would you dress? Who would you want to visit or what land or country would you like to see? Have fun and be back by dinner!

*Notes & Ideas*

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How long has it been since your divorce?  
Have you changed your mind in any way  
about the issue of divorce? If so, describe  
how it has changed? If not, describe your  
position.

### *Notes & Ideas*

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Are you dating again?  
How long did it take you to get back  
into the dating game?  
What do you look for in a relationship  
now, that perhaps you did not look at when  
you were married?

*Notes & Ideas*

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# The Journaling Habit

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## Feed Your Writing Needs... One Month at a Time

*The Journaling Habit* e-books are economical and provide a in-depth source for true introspection and a look deep into the personal needs we have for journaling. You can purchase these books individually to match them with the needs you seek, or you can purchase combination collections as downloads and also as CDs. We hope that *The Journaling Habit* books will provide you a wellspring of insight, wisdom and a pleasant journey into your journaling growth.

<b>Prompts for Children</b>	<b>\$3.95</b>
<b>Prompts for Parents</b>	<b>\$3.95</b>
<b>Relationships</b>	<b>\$3.95</b>
<b>New Love</b>	<b>\$3.95</b>
<b>Loss - Death</b>	<b>\$3.95</b>
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## Visit JournalingLife.com for all your journaling needs.

JournalingLife.com is a website devoted to helping you to journal, and giving you the tools that will help you to dive deeper into your soul and create reflective writing that meets any goals you have.

Whether it's starting a soulful prayer journal, using online blog sites, keeping a gardening journal or even a journal through a crisis such as divorce, loss or illness, JournalingLife.com is your starting point.

Join the editor, David Russell and his staff as you visit the various types of journaling styles out there. Sign up for his free monthly email newsletter designed to help jumpstart your writing needs. Visit the ebook journaling prompts and other goodies offered from time to time. Great links and book lists will make your visit complete.

Stop in and check out the newsletter archives or sign up for our free monthly contests where readers help others with answers and advice to reader's questions.

*Please stop in and visit often!*

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