

80 Journaling Ideas

By Mari McCarthy

1. In your Journal, write the phrase "The Cure is here. The Healing has begun" and then write, write, write away. When you're done, write how you FEEL about this journaling experience!
2. Why does _____ drive me crazy? Journal on and see what the write answer is!
3. Pick a song. Use some of its lyrics to start a new journal entry. Or choose a song you love and write your own lyrics!
4. Write: 'Oh, I Could Never...' and be aware of what's going on in your body as you write. What is your body saying to you?
5. Wander all around a bookstore or library. Pick out and open any book. Wherever your eyes land, use that phrase as a journal entry starter and write, write, write!
6. Have a ten-minute free-writing huddle with your Inner Coach. Write down his/her words of wisdom. What did you learn?
7. Pick your favorite four-letter "F" word like Fate, Fear, Feel, Food, Find, Fuel or.... Write that word down after you've dated the page, then see what your Journal has to say!
8. Make Someone Happy. Pick a person (that includes you!) and write him/her a letter extolling his or her virtues and expressing your gratitude for what they bring to your world.
9. Write down a question in your Journal. Then relax, take a deep breath and bring your question into a 4-5 minute meditation. Return to your Journal and write down the answers you come up with.
10. Make a TA DA List. Note your uniqueness, your talents, your mahvelousness dahling! Be sure you have enough journal pages. This will be a looong list!
11. Bring your Inner Kid along to your next Journaling session and ask for some advice. Take notes, draw, and doodle. Have FUN!
12. What's your mom or dad's favorite saying? Use that to start today's journal entry.
13. Select a quote you love. Read it. Savor it. Write about it.
14. Choose a favorite quote. Meditate (sitting or moving) on it for a few, then write about it in your journal. Read your entry. What's going on in YOUR body?
15. Look over your WORD program files titles. When something catches your eye, use it to jumpstart your Journal today.
16. Happy Everyday Holidays! Take some time (you name it: one page, ten minutes...) first thing this holiday morn and give thanks for you and your gifts.
17. Listen to a 20th Century Christmas Carol and journal about its lyrics, your feelings, your memories.

18. Ho! Ho! Ho! Write in your Journal what it's like to be an Elf and get to work with Santa 24/7/365.
19. Buy a journal and give it to someone, let them write in it and give it back to you. This will give u a lot to write about. - Amaris Autry.
20. "I keep my journal in the same comfy spot. I leave it open to a blank page with the pen on top so that when I get home it invites me to curl up with it and write." - Wendy (www.snixysnix.com)
21. "Challenges are Opportunities requesting Action." - Mari (www.CreateWriteNow.com)
22. Sit down with your Journal. Take several breaths. Have a conversation with your body. Let him/her write a monologue if it wants.
23. Take yourself on an Artist's Date---visit a new place to see what journal writing ideas await!
24. "The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." - Anna Quindlen
25. "I spoil myself by buying the most beautiful, appealing journal I can find - the one with the high quality paper (preferably with no lines). I buy colored ink cartridges for my fountain pen (helps the writing flow). I believe my inner voice deserves a beautiful stage from which to sing!" - Joanna (www.wisdomwithinink.com)
26. Change partners: Use an unlined journal, another type or colored pen, write with your other hand, journal with your eyes closed, print your entry.
27. When you think you are done writing, keep going. This is where you will discover what you are looking for. The pearls are beyond what is visible to us. Shoot for the unknown. Feel fragile & be brave. - Nan (@Inspiredjournal)
28. Dream. Envision. Imagine. Create. Get to the page, great things await!
29. Write in a Journal for 30 days. Then put the Journal away for another 30 days. After that time has passed, pull out the Journal and read it. You will no doubt learn at least 30 things about yourself. Things that you like and things you need to improve on! And some journaling ideas! - Steph (www.diviacity.com)
30. Take a look at yourself in the mirror. What interests you? Take that curiosity to the page and write about those luscious lips, those special smiles, those Betty Davis eyes.
31. Get out your journal notebook and drain the swamp as fast as you can. Set a timer and see how many pages you do in 10, 20 or 30 minutes. Keep the water bottle at the ready.
32. "Penning down feelings like 'I don't feel like writing or don't know what to write'... Let your mind get rid of that block first - a gradual process but it works!" - Preet
33. "If I write about anything that is bothering me, as in an underlying issue, in my journal, it helps to free up my mind to write other things. Sometimes I'll write an essay or story concerning that underlying issue which is an automatic writer's block eliminator." - Dawn (www.dawnherring.net)
34. Paste a picture in your journal and write down the words that you see, hear, smell, touch and taste from it.

35. What relationship would you like to improve? Have a heart-to-heart with your Self or your Inner Critic or your Blank Page.
36. Go through the events of the previous day and reflect about them. - Robert Firestone
37. Name names. Pick your favorite word and use it as a Journaling "Topic Sentence."
38. Vincent Van Gogh said, "If you hear a voice within you say 'you cannot paint', then by all means paint, and that voice will be silenced." What is your 'you cannot ____' voice always ragging on you about? Work with your can do Journal and go for it! Having doubts? Write it out!
39. Journaling creates space for __?_____
40. Feng Shui your Self. Work with your Journal, trash all the crazycrap. Spread your wings and soar!
41. Make note of the Lunar cycle, especially the Full and New Moon, both are powerful days to journal. Writing literally in the Full Moon's light (maybe with other subdued light) will be magical, guaranteed! - Carol Ohmart Behan www.goldenspiraljourney.com
42. In the margin of your journal add a subject tag (for example 'work' or 'friends'). You'll be able to review your entire journal and get a feel for recurrent themes (those things that always get under your skin!) and easily find all your thoughts on a particular topic later for use in another journal, blog or writing project. - Kim White <http://www.webdesignforwriters.com>
43. When in Pout or having Doubts, just sit down and Write it Out!
44. Take your Journal with you to the Missing Persons Bureau. Locate your "imaginary" friend(s) and bring them home to play.
45. What one word describes how you're feeling today? Look up its definition in your Journal.
46. One of the questions that I ask myself often in my journal is **'what really matters most to me?'** I find this question helps me to really connect into my heart space and get clear on what really is most important to me. This helps me to live my life in the awareness of the values closest to my heart. Soli Goodes <http://www.journaljunky.com.au/>
47. Having trouble journaling regularly, consistently, preferably daily?
Well then use your imagination's journal writing tools: <http://www.youtube.com/watch?v=DaMYSvy3ths>
48. Start with "What's on my mind right now?" Write, without taking your pen from the page, until you've purged your thoughts.
49. Begin with "If I had X in my life, I would be happy." Now write a page in your journal that describes a day in your life with X (\$500,000, or a perfectly matched partner, for example) in your life, and how it makes you happy. Focus on the feeling you get knowing that you have the thing you want.
50. Tell your Journal what you want to say, then take up with some colored pencils and doodle away!
51. Tired? Frustrated? What's the deal? Well, start Journaling with "Today, I don't feel like writing because..."
52. What's your life's theme song today? Sing it for your Journal in any key you'd like.

53. Habeas Corpus: Meditate for a few. Breathe and tune into your bodily pains. Then, in your journal, have an adult dialogue (no whining) with your biggest pain, be it in the butt or wherever it sits.

54. Progress report. Get a favorite pic of yourself and ask the Wise One for positive feedback. Take lots and lots of notes.

55. Fill in the blank: Journaling gives you the write to...

56. Thank your Mother for her wit, wisdom and whatever.

<http://www.youtube.com/watch?v=AjJ6UbdKBgg>

57. He said, "I would do anything for love but I won't do that." What would (or wouldn't) you do for love? Write away.

58. In the rearview mirror of the encrusted Dodge Coronet, the moon eased away from the clutches of the clouds and _____.

59. Dump only delightful data into your Journal. You can do it! Yes you can!

60. For the health of it, what do you need to change? Ask your Journal Therapist for some guidance. Set a goal. Make a plan together.

61. Discuss with your Journal: How to start opening the gifts you've already got and stop whining about what you say you're not.

62. Dig out an old box that you had forgotten about and pick a random item. Write about what you've found, what memories the object brings back, even what you were like or remember going through during that time. Write about why it was important enough to keep, why it got packed away in the first place. Write about what you will do with it now.

Heather <http://lifeinpawprints.wordpress.com>.

63. Do something you've "always wanted to do" or have "been meaning to try." Take that risk: Ride the new amusement park ride, dine solo in a nice restaurant, get a massage, sing in public. Go for it. After you've done it, journal about it.

64. Play Misty for Me. "I write entirely to find out what I'm thinking, what I'm looking at, what I see and what it means. What I want and what I fear." ~Joan Didion

65. When I have writer's block, I go to anyplace where I can find quotations. I find that quotations are the best jump-start prompts for me. I have used them for years. If that doesn't work, I knit or I watch mindless TV. Sometimes I just need to walk away for a while... ~ Thanks to Sue Branson Rawlings

66. The Pursuit of Happyness: "When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us". ~ Helen Keller

67. Lyrics make great journaling jumpstarters. Begin a journal writing session with "I'm that voice you're hearing in the hall and..."

Thank you Billy Joel http://www.youtube.com/watch?v=a_XgQhMPeEQ

68. Before you go to bed tonight, do a **Ten Minute Missive**. Then, on a fresh sheet of paper, ask for some help on a problem. Fold it up and put it under your pillow. In the morning, notice how you're feeling. Make

some musings in your Journal.

~ Thanks to Ellen at **Practicalastrologyandtarot** for inspiring this tip.

69. Our body is a wonderland but we treat it like a garbage can quite often, don't we? When you have a pain, notice how automatically you reach for the pill bottle. Next time you have a pain, reach for your journal before the pain pill and diagnose what your thoughts and feelings have to do with the message your body's sending you.

70. Have some fun with your Journal for a change! Lighten up. Change venues. Take your Journal shopping. Sue Branson Rawlings enjoys taking her journal to Costco. "Sitting outside Costco watching people and writing about them...Now that's a real study in the humanities..."

71. View your life from a broader perspective. Write in your journal using the third person and see how the story unfolds.

72. Take a page from the news. Use an intriguing headline as the opening sentence in your Journal. Something like: "Body 'missing at least one foot' found at golf course."

73. See what the characteristics of your astrological sign are. Agree? Disagree? Not Sure? Discuss it with your Journal and write up a horoscope for yourself.

74. In your Journal, write on the right side page only---for a couple days, a whole week, an entire journal. Here are what some [Facebook fans](#) suggested:

Lucie Forejtová- I used to write on the right side pages on purpose and at the end I turned the journal upside down and started writing on the other pages.

Henrietta Handy - I always write on the right side of my journal any more to save room for pasting things onto the left side of my journal or drawing.

75. Set aside a quiet hour for You. Use music, light candles, bring along a favorite cup of tea or.... Schedule it and put it on your calendar, if you need to. Date the page and answer the question, "Who am I today?" Have a heart-to-heart with your Self and write your musings on some loose sheets of paper.

When you're done, put your journaling in an envelope, seal and label it. Mark your calendar for the future time and place of the Grand Opening!

76. Show up at your page and start your journaling with "When you show up.....things happen!" Thanks to [Kelly Pettit](#) for coming up with another cool "Kellyism".

77. My journaling tip is to put on relaxing music without words. You can write down quotations or poetry from people that inspires you. You can also cut out pictures that are peaceful or meaningful to you. Thanks to Debbie Lemelin

78. When next you go a Journaling, write one page with your left hand, the next with the right hand, then back to the left, then right.... Want to see something really scary? Watch what happens when you write with both hands at the same time!

79. Visit [The Journal Writing Transforms You Blog](#) for a Journal Jumpstart.