

FINDING JOURNALING PROMPTS

A write for your Life guide



People often struggle to get started when it comes to journaling and that's where prompts come in handy - just to get your pen moving. There are Apps and books full of them but here, I'd like to give you some ideas of where to find some words, in the moment. Don't worry about where it's going or if you don't know 'what to write about,' just write down the words you choose and keep your pen moving. Something will happen.

Write the prompt, then:

- Set a timer, even if it's for 2 minutes - you can always write for longer if you get into the flow
- Keep your pen moving, do not edit or look back - no grammar or spelling required
- Go where your pen goes, trust it'll be useful - even if it's off topic
- If emotions arise, write about them or make a note to return when you have more time
- For each exercise, reflect on what you wrote, read it out loud (even if to yourself) for extra perspective.

- **Circle it** Note any interesting words or phrases from your last piece of journaling - Then you can just pick up your journal to find where to start next. I recommend this above all else as what you circle will be meaningful for you, in some way.
- **Bible dip** A 'Bible dip' comes from Augusten Burroughs brilliant book, 'Running with Scissors.' One of Augusten's pseudo-adopted sisters takes to sticking her finger in the bible and letting the phrase she lands on answer a question or make a decision for her. Here you're just going to use what you land on as a starting point. You can choose any material; a book, a magazine, a menu, an advert, anything with words on it.
- **Careless whispers** Snippets from overheard conversations are gold dust. Either stop and listen to those around you if you're in public, turn on the radio or make a note of anything that you hear on the go. Just pick that last few words you hear. You can keep a list in your phone, or in that little notebook you've not yet found a use for.
- **Commonplace book** On the subject of little notebooks, this is a place where you capture snippets from your day to day life. It could be an image, a thought, a feeling, an idea. It's a bit more list-y and 'top line-y' than journaling and is just about capturing something that grabs you. I find Twitter does this for me, but if you're not someone who needs to get stuff out into the world, a Commonplace Book may well work for you.
- **Songs, quotes, sayings** You can use lines from songs as well as titles, sayings you know and love or your favourite quotes. Anything is fair game.

Other guides in the series

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Journaling for clarity for focus
Journaling to support wellbeing



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I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: Cpsdayoff@gmail.com or go to Clairepearce.uk.