

Journal Doodles

35 Journal Prompts to get your
Author On



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Journal Doodles

Calling all authors,

Whether you are a seasoned author or trying a journaling routine for the first time, I am happy you stopped by.

In this guide, you will find 35 journal prompt ideas, which I like to call doodles that will help get those creative juices flowing with words and pictures. So whether you are using a paper journal, an online journal, a ballpoint pen, a typewriter, or a quill, I hope these ideas inspire you to explore the creativity that resides within you, to have fun, use your imagination, and foster a sense of personal growth.

For continual journal prompts throughout the year, please be sure to download our Seasonal Scribbles to keep your story going.

Remember the most salient story you can write is your own. Go get your author on.

Happy writing,

Victoria

Author & Founder
Red Bicycle Books, LLC

Author  n



Tips to Keep in Mind While Journaling

- ✓ Before journaling, read and think carefully about each question before you begin to write.
- ✓ Be candid, honest, and expressive with your reply.
- ✓ Try to schedule a consistent journal routine. If first thing in the morning works, do it! If evening strikes your fancy, do it!
- ✓ There are no right or wrong answers.
- ✓ Try different journaling techniques-if a paper journal isn't working, try an online journal.
- ✓ Make it your own. Include stickers, quotes, lyrics, doodles, or other sources of inspiration.
- ✓ Reflect on your experience. Go back to previous pages and read what you wrote. It's an interesting way to determine if you have the same thoughts now as you did when you first journaled.
- ✓ Journaling is an activity meant to be expressive and carefree, not another chore on the to-do list. Make it an enjoyable pursuit.

35 JOURNAL PROMPTS-START WRITING TODAY

1. What is a favorite food you enjoyed as a child you no longer enjoy as an adult and why?
2. What is a favorite food you enjoy as an adult you did not like as a child and why?
3. If there is one hobby you could find the time for what would it be? How long have you wanted to pursue this hobby? Identify two ways you can make time to pursue your new adventure.
4. If you had a picnic today, what goodies would you find in your picnic basket and how would you describe their taste? Draw a picture of your picnic basket and goodies.
5. Name two personal traits you like about yourself. Why do you like these traits? Create your own personal emojis of what this looks like.
6. Name three personal traits you do not like about yourself. Identify three steps you can take to change this. Now fold this paper, or bookmark this entry. In six months revisit this journal entry. Has anything changed?
7. If you could go back to one previous vacation destination without worrying about time or money, where would you go? What is most memorable about this experience? Draw your destination. Bookmark this entry. When you are feeling sad, find this as a place of instant happiness to remember.
8. If there is someone you could spend more time with, whom would it be? Why are they so special to you? Identify two steps you can take to allocate more time with this person.
9. Name three of your most influential role models. Why do you find a special level of respect for each person? What field of work are they in? Do you desire to pursue a similar route? Why or why not?
10. Name one of the proudest moments in your life thus far and three reasons why this moment stands out.
11. Today watch a television show or movie genre you wouldn't normally watch. For example, if you never watched a documentary, find one and watch it. Write down the name of the television show or movie. Describe the feelings evoked from this new experience. Did you learn anything new? Now that you tried this, would this genre become part of your regular viewing habits? Why or why not?
12. What is one sport you enjoy playing? What is one sport you enjoy watching on television? What is the difference between these two experiences?
13. Name one cleaning task you do not like to do. What makes this task so daunting? Name at least two steps you can take to make it more enjoyable.
14. What was one of your hardest school subjects? What made it so difficult?

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15. Name your favorite teacher. Why are they special to you? If you met them today, what words would you tell them about how they impacted your life?
16. If you could have the ultimate dream job, what would it be? What makes it a dream versus putting it into action to become a reality?
17. If you could time travel to any point in time, what period would you choose? How would the amenities of living in this time period differ from the present? Draw a picture of your time machine.
18. What is your favorite holiday of the year? What types of foods do you prepare for this special occasion? What types of decorations do you use to celebrate? How does this differ from any other day of the year?
19. Think of a person you met that randomly fell into your life. What did this person teach you about their life? What did this person teach you about yourself?
20. Name a color you do not like. What is it about this color that is unfavorable and why?
21. Think of someone special to you. What is it about them that puts a smile on your face? Name two of their special quirks you enjoy.
22. What was your very first job? Name two skills you learned from this job. Do you still use these skills today?
23. Today search for a new word to learn. Write six sentences using this word. Now that you spent so much time on it, will it become part of your vocabulary?
24. Name the planets of the solar system in order. Name one unique attribute of each planet. If you could visit any of the planets which one would you go to and why? Draw a picture of the solar system.
25. Think of a time when you were really disappointed in yourself. How would you approach the situation differently? What did you learn from this experience?
26. If there was one month of the calendar year you could repeat for an entire year which month would it be? What activities do you enjoy most about this month?
27. If there was one famous person you could meet either living or deceased, whom would it be? What questions would you ask? If you didn't like their responses, would they still be relevant and important to you?
28. Think of a person that is special to you, but has different viewpoints on certain topics than you have, does this strengthen your connection or weaken? What steps can you take to form a deeper bond of respect?

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29. Name one luxury you enjoy having each day such as an automobile, a special beverage, etc. If today was the last day you had to enjoy it, describe how your feelings would change. Would you be able to live without this luxury?
30. What is one song that instantly makes you smile every time you hear it? What is it about this song-the lyrics, the instruments you enjoy? Describe how long you have been listening to this song and if it still evokes the same feelings as the first time you heard it.
31. Name the most bizarre place you visited. What made this place feel out of the ordinary? Draw a picture of this place.
32. Write down how you celebrated your birthday last year. Now write down how you will celebrate your birthday this year. As you grow one year older, what have you learned about yourself and about the world around you? Draw a picture of your birthday cake, extra toppings included.
33. Name two of the most memorable years of your life thus far. What were some of the highlights of these special years? If you could relive this time period again, what would you have done differently?
34. Have you created a bucket list? If not, do so today. If you have, see how many items you have checked off your list. For the remaining items, write down steps to ensure success.
35. Think of something special you handmade for someone. What was it and how did they react to your sentiment? If you could do it over again, what would you change and why?

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