



Seasonal Scribbles

*Journal prompts
to enjoy throughout each season*

October-December
2025 Edition

RED
BICYCLE
BOOKS

PUBLISHING

Author n
www.redbicyclebooks.com



WHAT ARE SEASONAL SCRIBBLES?

Welcome authors! Get your fingers warmed up, your favorite journal, and your creative juices flowing.

As seasons change and holidays greet us around the corner, there is so much that unfolds in our daily lives.

Seasonal Scribbles is a quarterly booklet featuring specific journal prompts that invite you to think, write, and reflect on your personal experiences throughout the course of the year.

Whether you are new to a journaling routine or an experienced author, this booklet is designed to get your author on.

With an inspiring message to welcome you each month, the goal is to be carefree, creative, and to find joy in the passion of writing.

Whether you are using a paper journal, an online journal, a ballpoint pen, or a quill, the idea is to have fun, explore ideas, and use your imagination!

What legacy will you leave today?

Remember the most salient story you can write is your own.

Happy writing!



Author & Founder
Red Bicycle Books, LLC





*You are now entering
a stress-free zone*

“

Blaze the mountains in
the windless Autumn,
frost-clear, blue-nooned,
apple-ripening days.”

-Sarah Norcliffe Cleghorn





This month it's time to pick that favorite pumpkin, apple, etc. It's gourd to be awesome. Drag a skeleton or two out of the closet for a good scare or pour yourself a fresh squeezed glass of cider. Take in all the goodness of the season that is evolving around you.

Carve a pumpkin or two. Create some interesting faces. Write about the types of faces you created and why.

Fear is a frame of mind. Think of at least two phobias you have and why.

Journal about what makes them something you resist. Now write at least two ways you can overcome your fears.

Write a scary story and tell it to a group on Halloween night. Need some help? [Download our Chasing Ghosts Writing Project](#). Ingredients for Writing Your Own Scary Story. Get ready for some serious ghost writing!

Name at least 3 traditions you like to do at this time of year and why.

Journal about what makes them so special and why you continue to celebrate.

It's sweater weather depending on what part of the world you live in.

What is one of your oldest but most valued piece of clothing you own and why do you treasure it so much? A few holes? Nobody's looking!

Imagine yourself waking up as if you were a ghost-completely invisible! How would you spend the day and what would you do? What happens when it wears off?



Looking for more Halloween fun? Download our [Halloween Writing Projects](#). No bones about it!



October_____

2025



November



November is National Memoir month! We all have a story to tell—about our journeys, challenges, how we have overcome our obstacles, and a hint of humor somewhere in between.

It's time to beleaf in yourself and count all of our blessings of gratitude. From what you pay attention to each day to something you don't, this month pay extra attention to the little things you often overlook to find your source of gratitude.

November 1st is National Authors Day. Write about 3 authors who inspire you and why.

Create a short story work about what autumn means to you and hang it on your refrigerator door.

Build your memoir. Each week this month journal about a specific time in your life, where you experienced the most growth in learning about yourself, where mistakes became lessons learned, and where you found joy between heartbreak.

Gratitude starts each morning, each day, but how often do you practice it? Think and write about 4 ways you can practice gratitude and make it happen.

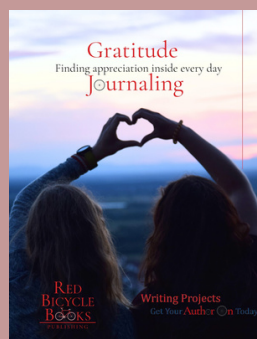
Design and write a holiday course menu. Think of the appetizers, main course, and dessert you serve. Now plan the day and invite your guests over. Journal about the experience.

Check out our [holiday recipe books](#) for some ideas!

Good friends take the time to really listen to what you have to say and vice versa. Write about an experience with a friend you provided a listening ear to and why that person is a sounding board for you.

Leaves remind us of what falls away from us. Think and write about three things you lost this year. Are you better off without them? Why or why not?

Find what Gratitude means to you. Download our [Gratitude Journaling Writing Project](#) and find appreciation inside of every day.



November____ 2025



A series of horizontal lines for writing, consisting of 28 lines.

December



Tis the season to sparkle—in lights, in spirit, in our souls, let's take this time to celebrate the victories and wins of 2025 in not only the days but the moments. Sprinkle these warm thoughts to reflect not only on the holiday season but what you learned about yourself this year.

Feel the awesomeness you brought to the world around you this as we come to the close of this year. This month let's explore all the goodies on your wish and goal list. Forget about when you wrote them.

Scan your phone or camera to look at all the pictures you took this year. Which ones did you mark as favorites and why? What were the special moments you created? Then journal so you never forget! When was the last time you made cookies to decorate? A gingerbread man, sugar cookies with snowmen? Make a batch and decorate. Have a cookie exchange and write about the experience. What was the hardest lesson you learned this year? Write about the emotions you felt, how you coped, and how the experience made you stronger.

"You can't go back to make a new start, but you can start right now and make a brand new ending." -James R. Sherman
As you reflect on the close of the year what goals did you achieve? What goals did you strive for but haven't achieved yet? Write about your successes and what you will attempt to do in 2026 to achieve your goals.
Name at least three of the best gifts you can give someone that do not require monetary means. Now give these gifts to three special people and write about what happened and how it made you feel.
What is the biggest wish you want to come true in 2026 and why?

A single, shiny red Christmas ornament hangs from a red string. The ornament is spherical and has a metallic sheen, reflecting light. It is attached to a small gold-colored cap with a red ribbon tied in a bow around it. The string extends upwards from the top of the frame.

From us to you and your loved ones

Let the power of your words bring joy and comfort to your life. Wishing you a warm and safe holiday season filled with splendor and delight. Thank you for five wonderful years!

May 2026 bring you the best of health, happiness, joy, and the best words you will ever write!



WE LEARN AS WE PEDAL FORWARD
TOGETHER



“

One kind word can
warm three winter
months.

- A Japanese
Proverb



Seasonal Scribbles

We hope you enjoyed these Seasonal Scribbles and have come up with additional prompts on your own that challenge you to think, learn, and grow. Download the next quarter. Go ahead, you earned it.

CHEER UP WHINE DOWN™

Looking for some additional inspiration? Visit our blog [Cheer Up Whine Down](#).

Looking to write your first book? Check our resource center page with a wealth of information including our [Writer's Block Workshop Series](#), [Author Tools](#), our exclusive member portal with templates, planning guides, and tools for authors, and [Authors' Notes](#) articles.

**Writer's
Block**

Workshop Series



Author Tools

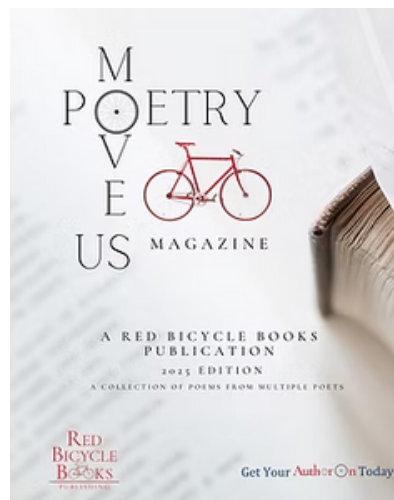
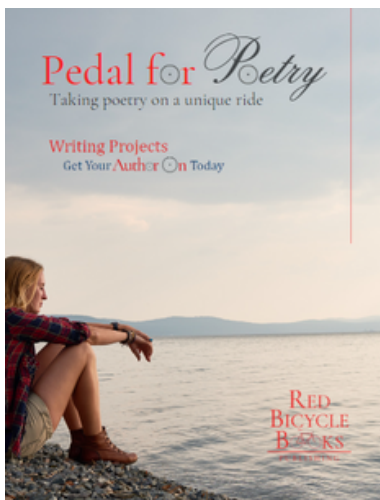
Authors' Notes

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We hope you enjoyed this journaling project that has provided you with a tool you can use to discover yourself, your dreams and goals, process your feelings, that will hopefully become part of your daily life, the legacy you leave behind with your words each and every day. Discover more writing projects to get your author on.

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