



Seasonal Scribbles

*Journal prompts
to enjoy throughout each season*

January - March
2024 Edition

RED
BICYCLE
BOOKS
PUBLISHING

Author  on
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 the journal space provided, 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*

A hand is shown in the bottom left corner, holding a lit sparkler. The sparkler is emitting bright white sparks that are falling and exploding against a dark blue background. There are also several white stars scattered in the upper left corner. The overall scene is festive and celebratory.

“

Every year you make a resolution to change yourself. This year make a resolution be yourself.

-unknown

January



Happy 2024! We wish you a wonderful, happy, healthy, and successful new year. January represents a time of renewal, fresh beginnings, goals, and wonderful experiences we are about to embark upon. We are setting our internal compasses due north with 366 days of action. Whether you are a gold star or a rock star, this year is yours to shine! Get ready to experience the exciting opportunities and possibilities that lie ahead.

If you had a mantra to create to live by for the entire year, what would it be and why? How will you keep your mantra front and center throughout the course of the year?

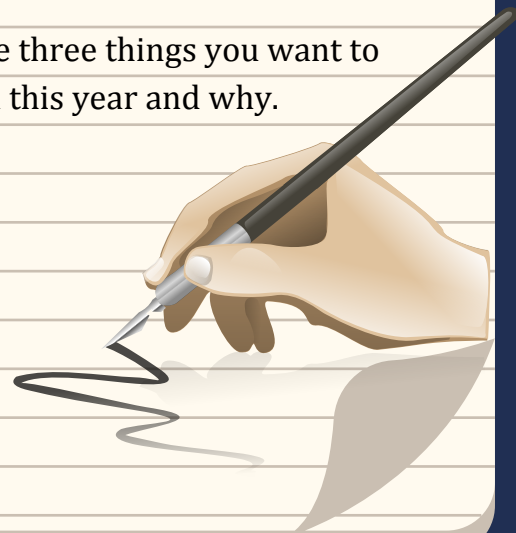
Write down three goals you would like to set for yourself this year. Then write the methods you will use to attain those goals. In March, we will re-evaluate those goals.

Name at least two activities you didn't get to last year. Identify what they are and why they are important to you. Then mark them on your calendar to find time and do them!

This year will be a year of...(fill in the blank for whatever comes to mind).

Then put this aside. Determine what positive versus negative feelings come up. Decide how you can turn your negatives into positives.

Name three things you want to learn this year and why.



January ____ 2024



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

February



It's the season of love. This month, wrap your heart around your world in family, friendships, pets, our planet, and the love we have for ourselves. This month discover how you best respond to love and how you can show love in the most charming way.

There are five love languages. If you are unfamiliar with what they are [click here](#) to read. Now journal about what type of love language you resonate with and why.

Identify three songs that bring love and happiness to your heart. Write a few of the lyrics down. Then write why they are special to you. When you are feeling sad, pull them out and reread them.

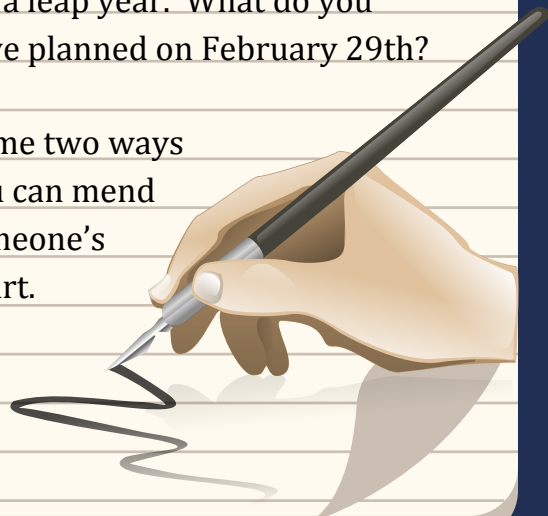
How are love and friendship connected? Identify at least three traits you seek to build a lasting bond with another person.

Write a poem starting with this line:
If you only knew...

Write three things you love about yourself and why. Do others view you in the same way?

It's a leap year. What do you have planned on February 29th?

Name two ways you can mend someone's heart.



February _____ 2024



A series of horizontal lines for writing, consisting of 28 evenly spaced lines that span the width of the page.



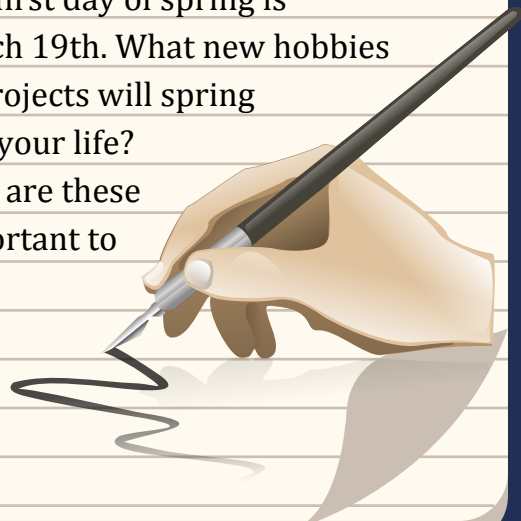
Four-leaf clovers are symbolic of the representation of hope, love, faith, and luck. This month reflect on how you consider yourself lucky. Is it friendships, your health, your job, your family, or all of the above? Think about how you can spread gratitude in your life and the lives of others.

Do you think you make your own luck or do you think luck finds you? Write about your experiences where you felt you had to make your own luck versus a time you felt lucky.

Review your goal list from the start of the year. How are you progressing? What have you completed? Write about your victories. What haven't you completed? Write the steps you will take to achieve your goals.

March is National Nutrition Month. What steps are you taking to benefit your health? Name three areas you succeeding in your health and three areas of improvement you can make.

The first day of spring is March 19th. What new hobbies or projects will spring into your life? Why are these important to you?



A close-up photograph of a person's hands writing in a notebook. The person is wearing a yellow long-sleeved shirt. The notebook is open, and the person is holding a black pen. The background is dark and out of focus.

“

If there's a book you want to read, but it hasn't been written yet, then you must write it.

-Toni Morrison



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.

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