




Seasonal Scribbles

*Journal prompts
to enjoy throughout the seasons*

July through September
2026 Edition



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WELCOME TO 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!

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

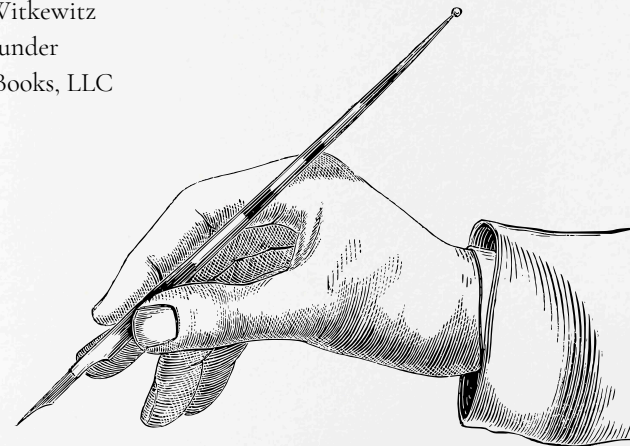
What legacy will you leave today?

Happy writing!

Cheering for you every day,



Victoria A. Witkewitz
Author & Founder
Red Bicycle Books, LLC





*You are now entering
a stress-free zone*

“

*Summer means
happy times and
good sunshine.”*

-Brian Wilson

July

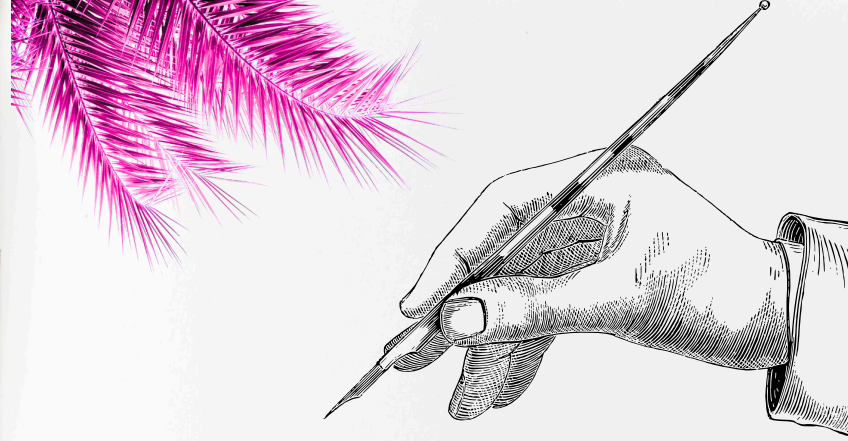
Bask in the warmth of the sun, feeling the summer breeze dance through the palm trees in the starlit night.

It's the second half of the year. As you reflect on this midway point, what goals have you achieved? Take a moment to enjoy the present before tackling another to-do list item. Relish the joy of your "done" list.

In a world that takes us in so many directions, literally point to a direction that feels right to you, then get in a car or take a train or bus and follow that spontaneous intuition. Where did your travels take you? What did you enjoy in those moments?

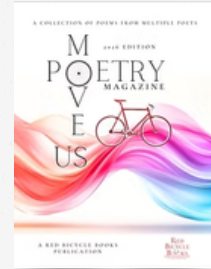
July 4-July 26 is the Tour de France. What is the longest bike ride you have taken? What do you notice differently riding a bicycle versus riding in a car?

It's time to get beachy. Feel the sand between your toes. Write about how you felt before you arrived, during, and after the beach. If you can't get there physically, visualize a beach. Do you feel calmer watching the waves? Why or why not?



July 10th is Clerihew Day (Edmund Clerihew Bentley, the creator of the four-line humorous biographical poem). Write your poem.

Check out our poetry magazine, *Poetry Moves Us*. Read the rules, and enter your poetry!

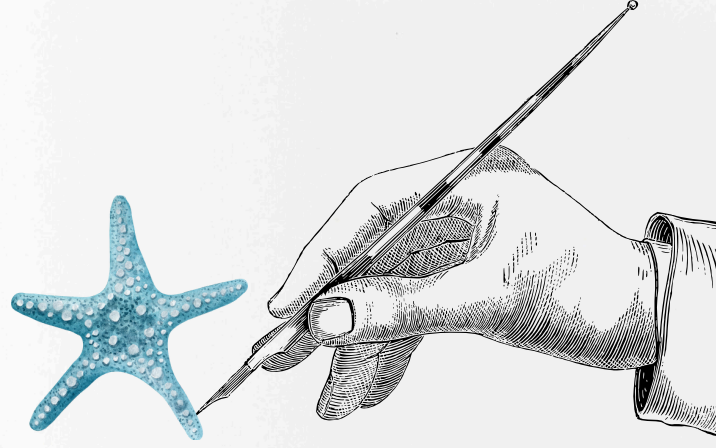


Plan a drive-in night and watch a movie under the stars. Don't have a local drive-in theatre? No problem. Host a movie night at your house. What character did you connect the most with and why? Did friends and family have the same opinion?

July 17th is emoji day. Create three new emojis and give each one a special meaning.

July 30th is Paperback Book Day. Books and music are 10% off July 1-31, 2026. It's time to get your summer reading underway.

August



It's time to harvest the last of the summer sunshine, though you are always glowing!

August 2nd is National Coloring Book Day. Celebrate with finding some favorite crayons and create two pictures—one for the beginning, and one for the end of the summer season. Then journal about what you created and why.

August 9th is National Book Lovers Day. Find one of the oldest books in classic literature and give it a read. How have the words the author used during an earlier time period differed from how we converse/write in today's day?

Imagine your life as a starfish at the bottom of the ocean. What does the aquatic world look like around you? Would you rather be on top of the water or deep below?

August is a time of harvest to enjoy the fruits of our labor. Name three things you worked hard for this summer. What did you appreciate the most and why? Would you have done anything different?

What is the oldest ice cream shop in your neighborhood? Take a visit and explore some new flavor concoctions. What is your favorite and why? Then, design and write a custom cone and ice cream flavor creation. How sweet!

Imagine you are the star of your own television show. What would the show be about? Would you have guests? Create two episodes or more.

Celebrate the last of the summer days with a picnic. Grab a blanket, snacks, a canvas, paint, and brushes. Enjoy a nice lunch, then paint the natural scenery around you. You will have a custom souvenir to take home to remember.

Sunflowers symbolize positivity and loyalty. Name at least two people in your life with whom you have a loyal and positive bond. What makes them special to you and why? Now send them some sunflowers (physical or virtual) and see if they can guess why they are receiving them.

August 31 is We Love Memoirs Day. Write your personal memoir of the highs and lows of your life and how you persevere. Start with a page, then continue writing as you reflect on your experiences.

September



Renew and enjoy life down to the core. As we transition from summer to autumn, add a little variety to your month by exploring your creative side.

September is the time to get crafty. Try at least one new craft even if you are not an artisan, try a pottery class, a painting party, or something new to explore your creativity. What did you learn from the experience?

It's not too late to have a backyard cookout. Host a small dinner party with a group of friends and create a theme. Ask them to bring over a dish. What did you make? What was the funniest thing that happened?

Visit a local orchard, pick some apples, and enjoy some apple butter. Name at least 3 of your favorite fall activities, then go do them. Write about your experience of who you were with and what you enjoyed the most.

September 18th is National Water Monitoring Day. How can we learn to protect our streams, rivers, and water resources? How can you cut back on your water consumption to help your community?

Name three varieties of your favorite apples. Take a bite from each of them in a row, noting their sweetness, tartness, or other qualities. Which one stands out the most and why?

September 22nd is the autumn equinox. Name four of your greatest summer memories in 2026 and why you will remember them. What do you miss the least? What did you miss most?

September 25th is National Comic Book Day. Write your own humorous comic strip with you as the star. What adventures will you seek?

Describe your perfect fall beverage, then add your own twist. Write the recipe and share it with family and friends. Let's have a toast!

What are your favorite memories about leaves changing color?

Imagine you are hired to create a new paint line for a designer to describe all the fall colors. What would you call them and why? The longer the names, the better.

“

Live in the sunshine. Swim in the sea. Drink in the wild air.”

- Ralph Waldo Emerson





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. Sign up for our quarterly newsletter, [Words In Motion](#).

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A COLLECTION OF POEMS FROM MULTIPLE POETS

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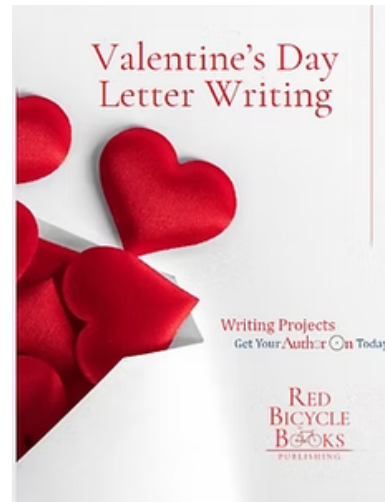
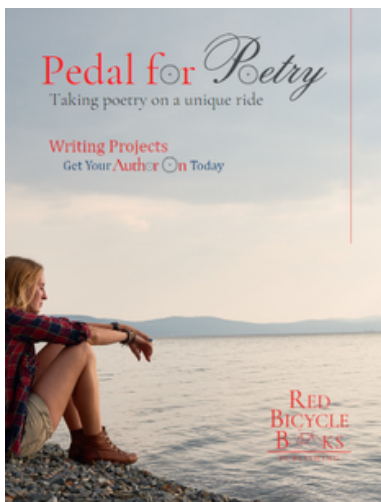
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We hope you enjoyed this journaling project that has provided you with a tool you can use to discover yourself, your dreams and goals, process your feelings, that will hopefully become part of your daily life, the legacy you leave behind with your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

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