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Write anything that comes to mind as you read each prompt and elaborate on each point as much as you can. Below you’ll find 119 journal prompts for your journal jar. Sunday Scribblings. Sunday Scribblings is a site that posts a writing prompt every Saturday. The idea is that on Sunday you create a piece of writing inspired by the prompt, post it on your blog, and leave a comment on the “Sunday Scribblings” site letting them know that you’ve participated.

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Self-care journal prompts are a great starting point! These 100 journaling ideas for self-care, self-love, and self-awareness will get you writing in no time. Free PDF printable included (no email required!) You can even create a whole journal around the topic of self-care if that inspires you!

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Today I am sharing some free gratitude journal prompts you can use in your own journals and art projects – plus a free printable! Junk to Joy™ Gratitude Journals Creating a Gratitude Journal gives you a way to keep track of all the things you are thankful for in your life. There are many proven benefits to expressing gratitude in our lives.

Write a story such as ancient people might have told about it. 4. Describe a real made-up dream or nightmare. journal writing prompts. 5. Write about your favorite childhood toy. journal writing prompts. 6. Write out the best or the worst day of your life. 7.

Bullet Journal Prompts. Feeling stuck for new ideas in your journal? Try these Journal prompt ideas to inspire you and spark creativity. Even the most die-hard Bullet Journal fan can sometimes feel uninspired or stuck for ideas. Don’t despair if you are feeling blocked for bullet journal ideas. The good news is that it is always temporary and the even better news is that there is an easy way ...

Journal prompt books are basically creative journal books with simple statements that offer you with ideas on the different things you could write about on a given topic. There are various journal prompt books both online and offline that have customized journal prompts for writers of all ages concerning different topics starting from self-help, health and spirituality to jokes and puns.

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