

# JOURNALING PROMPTS - CP'S GREATEST HITS



## A Write for your Life guide

### Journaling prompts

Prompts get your pen moving when you lack inspiration. They can be anything from a sign in the road, to a targeted question. Here are some of my favourites which I've borrowed or created. Use them as a backdrop to a particular situation you're in or just see what happens.

## THE PROMPTS

- If nothing changed in my life, could it be better?
- Why is this important now?
- Whose agenda am I on?
- How do I want to make people feel?
- What kind of life do I want to live?
- If I lived forever, I'd ...
- A beautiful sentence...
- What am I waiting for?
- I notice that ...
- I'm secretly enthusiastic about...
- If my toes could talk ...
- At this time in my life ...
- The elephants in my room ...
- Everything's going to be alright
- Starting where I stand
- What wants writing?
- If I'm really honest ...
- What if I do nothing?
- I'm currently obsessing about ...
- Am I asking the right question?

### Free-writing instructions - optional:

- Set a timer for five minutes - you can always write for longer if you get into the flow.
- Keep your pen moving, do not edit or look back - no grammar or spelling required.
- Go where your pen goes, trust it'll be useful - even if it's off topic.
- If emotions arise, carry on if it feels OK or write about something else and return when you're ready/have support.
- For each exercise, reflect on what you wrote, read it out loud for extra perspective.

### Or write about:

- Everything that's getting on your nerves (go on, no-one will judge)
- A list of things you couldn't live without (pick favourite and write about it)
- What makes you feel awe - describe it
- A mundane thing that happened today - in as much detail as possible
- All the things you'd love to hear (from someone you trust)
- The last time you were relaxed/lonely/happy/calm/angry/excited/peaceful/unsure/thrilled/sad/giddy/hopeful (choose one, choose all!)
- A recent experience where you were in nature
- An overlooked item in your possession
- An item you love disproportionately

### Guides in the series - Creative journaling for:

Headspace	Wellbeing	Writer's block
Success	Innovation	Difficult feelings
Happiness	Creating theme	Difficult situations

**Plus:** Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

*I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: [Cpsdayoff@gmail.com](mailto:Cpsdayoff@gmail.com) or go to [Clairepearce.uk](http://Clairepearce.uk).*