

Suggestions for New Journal Writers



1. Find the right space to write. ... When you're writing, it is helpful to be in a space where you can focus and concentrate. A quiet room with no distractions works best. Allow yourself to focus on your writing, without any interruptions. Make sure you are able to sit upright and are comfortable. An office or a study room is always great.
2. Use a journal or paper of your choosing – large or small, leather or just a notepad. And a new pen. Or, download an app for an online journal...Penzu or Journey
3. Keep it private. Your journal is for your eyes only, so be honest. You don't want to lie to yourself. Be real with your thoughts, feelings and opinions. Be as candid as you can. You want your journal to be an honest representation of yourself and the times you're writing in.
4. Date your entries. It is important to keep each journal entry dated, so you know when you wrote it. You will want to go back through your journal at some point and see when the entries of the topic you're writing about were added. Also, it will be nice to see how you were feeling at different points in your life.
5. Close your eyes and reflect on your day. ... You may not know what to write about and that's okay. Your journal can be about anything you want. A good way to begin writing is to close your eyes and think about what you're feeling.
6. Ask yourself questions. ... What has happened that day? How did that make you feel? Are you excited about anything? Why? Reflect on the thoughts and feelings you've been having.
7. Dive in and start writing. ... stream of consciousness. It is easy to begin sentences with, "I feel," or "I think," or "I wonder." Don't feel pressured to stick to any particular form or topic. The beginning of your journal writing can just be an introduction to your thoughts at the time. This is your personal space, so you should feel comfortable writing.
8. Write quickly, and time yourself. ... Set a time for how long you want to write. Somewhere between 5-20 minutes is ideal, depending on how much you want to jot down. Setting a time will help you stay focused and stop you from getting carried away. It is easy to feel like you need to write down every detail and this will help prevent that.
9. Write honestly. Re-read your entry and add additional thoughts. When you are finished writing a journal entry, go back and read through it. Once you have reviewed what you have written, add a couple sentences at the end about what you noticed or thought about your words. If you can, summarize your thoughts in a sentence or two. That is a great way to narrow in on topics.

Journaling Prompts

Write about the Past

- Write a letter to your older self.
- Write about your childhood.
- Write about lost friendships.
- Write about your school life, your grades, what you wish you had done differently.
- Write about turning points in your life – what would be different now if you had made a different choice.
- Write about regrets you may have.

Write about Yourself

- What frightens you?
- What brings you joy?
- What makes you sad?
- What worries you? Is there a pressing problem you need to work out?
- Write a letter to someone that upset you, but you aren't ready to confront in person.
- Write down the things you wished you had said to your parents, or other loved ones before they passed away.
- Write down confessions of your deep down secrets that you can't tell anyone.

Write about the Future

- Where do you want to be 5, 10, or 15 years from now?
- What line of work do you plan on pursuing in the future?
- Write down how you can improve your life.
- Write about children you plan to have, and what you wish for them.
- Write letters to your future children and grandchildren that you can give to them when they are older. These letters will help them understand the type of person you were at their age.
- Write about places you wish to see, vacations you plan to have.
- Write about home improvements you would like to make.
- Make a bucket list.

Write about the Present

- Write letters to friends and family members about things you can't say to them in person.
- Write letters to your boss or coworkers.
- Write about your friends, coworkers and family members, describing what they are like, what you like and dislike about each one, etc.
- Write about your job, pets, your home, etc.
- Write about your daily activities so you can look back and remember each moment.
- Add photos to your entries to make them more special.