Journaling Ideas

Dream journal: Record your dreams as soon as you wake up and reflect on their themes.

Letters: Write letters to your past self or future self

Mind mapping: Create a visual map of reflections or thoughts on a specific topic.

List poetry: Write a poem in a list format, such as "I am..." or "Things I love...".

Travel journal: Document your travels by writing about places, people, and experiences, and tucking in mementos like ticket stubs or pressed flowers.

Nature journal: Observe and record the natural world around you by sketching, pressing flowers, or noting changes in weather and light.

Bullet Journal: Use a bullet journal for planning, habit tracking, and get-to-do lists.

Mood tracker: Use colour or patterns to represent your mood each day.

Interactive and mixed-media ideas
Mixed-media mashups:
Combine different materials like writing, drawing, and collage on a single page.

Interactive journal:
Add interactive elements like pull tabs, pockets, or fold-outs to your journal pages.

Rewriting:
Take a favourite song, reflect on the lyric and document your current feelings.

Quote response:
Choose a quote and respond to it with a drawing or a written reflection.

THE Creative Journalling LESSON

with Carmen Debono

Set up your journaling

Choose a medium: Select a physical notebook or a digital app that you find inviting and convenient.

Create a space and time: Find a quiet spot where you won't be interrupted and set a regular time for journaling, like with your morning coffee or before bed.

Begin simply: Don't feel pressured to write a lot or about something specific. Start with a single sentence about your day, your feelings, or what's on your mind.

Practice gratitude: List a few things you are grateful for to set a positive tone.

Try free-writing: Set a timer for a few minutes and write down whatever comes to mind without worrying about grammar or structure to clear your mind.

Use a simple prompt: Ask yourself open-ended questions like, "How do I feel right now?" or "What made me excited today?"

Don't judge yourself: This is a private space for you. Release any concerns about making your writing perfect, profound, or poetic.

Keep it short: Start with small goals, like writing just a few sentences or for 5-10 minutes, to build the habit.

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EXAMPLES:

Red: Passion, excitement, love
Pink: Soft, reserved, earthy
Purple: Mysterious, noble, glamorous
Blue: Wisdom, hope, reason, peace
Green: Nature, growth, freshness
Yellow: Hope, joy, danger
Orange: Warmth, kindness, joy
White: Truth, indifference
Black: Noble, mysterious, cold

Red:

Pink:

Purple:

Blue:

Green:

Yellow:

Orange:

White:

Black:

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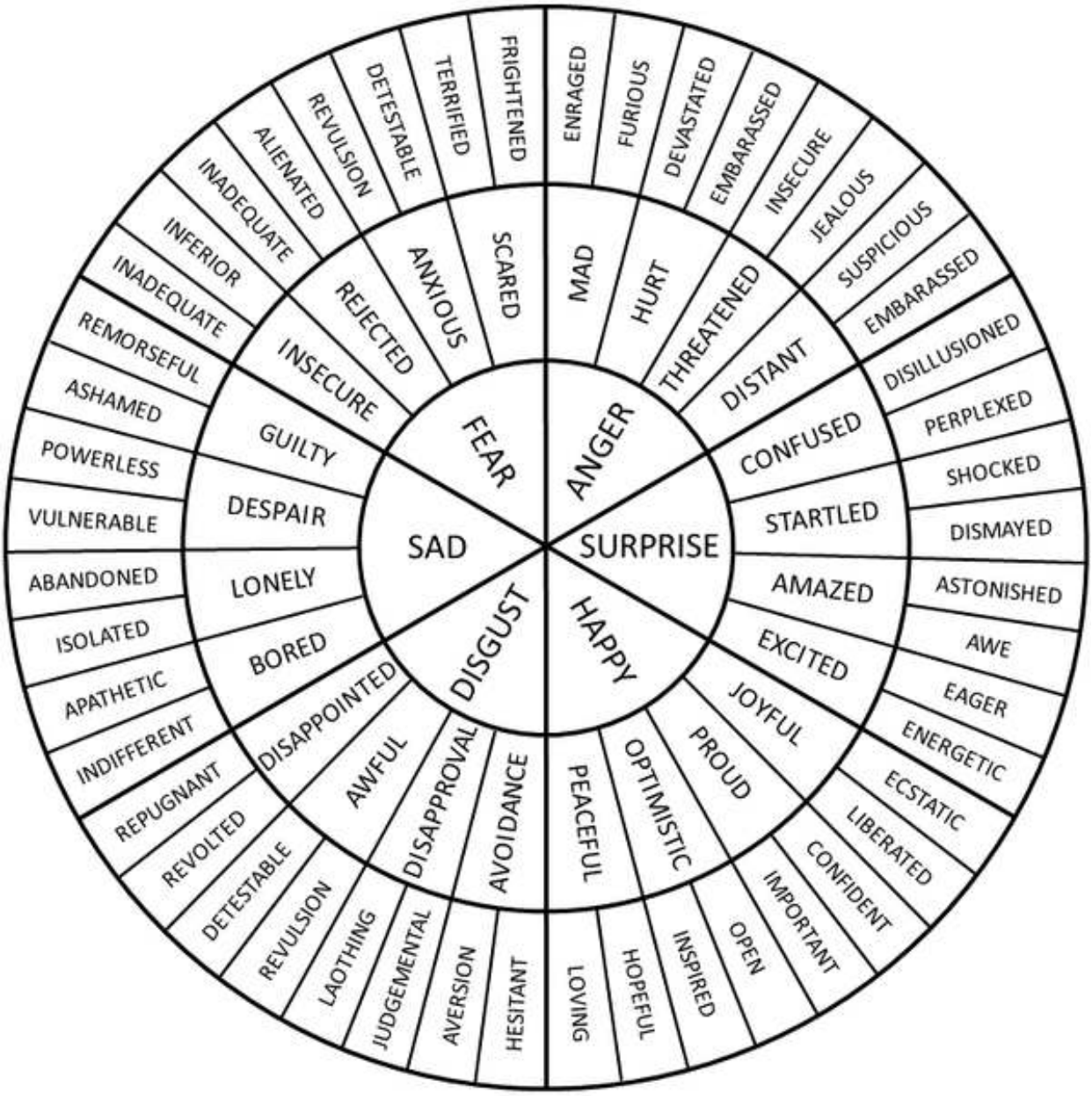

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