101+ Creative Journaling Prompts
Inspiration for Journaling and an Introduction to Art Journaling

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Suggested use: Print the entire PDF, cut out each prompt, and then keep them in a jar on your desk for when you need them. :) Enjoy!
What is something you want to learn how to do?

What place do you wish you could visit right now?

What is something you wish you could know about?

What’s your wildest dream?

What is something that you are always wishing for?

What would you do if money were no object?

What is something you wish you could do?

What is something you want to do better than you do now?

What would your perfect day look like?

What did you do this week that brought you closer to your goals?

List 25 fun things you’d like to do this summer.

What would you do if you know you couldn’t fail?

Write out a bucket list, i.e., things you want to do or accomplish before you pass.

Tell about something that is beautiful to you.

If you could relive one moment from yesterday what would it be? Describe it in detail.

What is the best thing that ever happened to you?
Tell about something that made you want to do better.

How did you wear your hair as a child? Did you like it or hate it? Is there a specific memory that comes to mind?

Tell about something that made you feel thankful.

Describe a childhood memory that you would love to relive.

Write about a memory involving food, e.g., did your grandmother make a special treat on holidays?

Tell about something that taught you an important lesson.

What is the best advice you’ve ever received?

What was your favorite toy as a child? Describe the toy, or write about a memory involving it.

Describe an accomplishment that you are most proud of.

What is the biggest mistake you made this week?

Journal about an imaginary friend you had as a child. What did you do together? How did people react? If you’ve never had one... make one up now.

What is something you wish you could do over?

What is your very first memory?

What was your favorite band growing up? Do you remember any of your favorite song lyrics?
What’s the stupidest thing you’ve ever done?

As a child, who was your favorite relative and why?

What is something that you could teach someone else how to do?

Are you superstitious? What are you superstitious about?

What is something wonderful that makes you different from everyone else?

What is your favorite thing to wear? Why?

What is something that you know is true?

What scares you?

What are some song lyrics that mean something to you?

What are the freedoms that you appreciate and why?

List a few professions that you wanted to be when you were young. What regrets or thankfulness do you feel about not pursuing each of these professions?

What is the most important thing you do every day?

What is something you feel really proud of?

How do you indulge yourself? Do you need to indulge yourself more often?

What holds you back?
What is something that makes you really happy?

What is your favorite treat?

What things do you appreciate today?

Who would you trust your deepest secrets to? If no one, then why?

What makes you feel vulnerable?

Make a list of 10 people you are thankful for being in your life.

Write out your favorite quote.

What is your biggest fear?

List or journal about all the things you love in life.

What is something you have learned about friendship?

Write a letter to your younger self. What would you like him/her to know to prepare for his/her future?

Write a letter that you could have received from yourself ten years from now. What would your future self have to tell you?

What is something you have learned in a book?

What character traits do you need to work on?

If you could change one thing about your life to make it better, what would it be?
What is something you have learned about being kind?

What are your biggest values? How can you portray them more in your daily life?

Was there a specific event in your life that inspired you to be a better person?

What is something you have learned about telling the truth?

Write your obituary as if you died yesterday. How would it look twenty years from now?

What is something you have learned about family?

What have you always been curious about?

Write about five different ways you can become a better person.

Tell a story about when you were a beginner (at anything). How far have you come since then?

What would you change if you were in charge of the world?

Do you believe there is life on other planets? Why?

What other point in time do you think you would fare well in? How would your life be different?

What does the word ‘miracle’ mean to you?

Close your eyes and imagine the kind of world you would like to see. What is it like?
If you could be anyone else (fictional or non) for a day, who would it be and why?

Make a list of 25 words or phrases that come to mind when you think of Halloween (or other holiday)

What would you do if you found yourself suddenly rich?

If you had a super power, what would it be? List ten good things and ten bad things you would do with it.

If you could make it rain anything besides water, what would it be? (E.g. gummy bears, leaves, beer) What would be the effect?

Rip out an image from a magazine and glue it into your journal. Then, make up a story about the person or objects in the photo.

If you could become a member of any TV family, which would it be and why?

Do you own an object of great value to you even though it isn’t worth a lot of money? Write about what it is and why it’s important to you.

What would you do if you could live a day without consequences?

Life is...

One thing I want to accomplish this month is...

I believe...

Nobody knows that I...

My favorite place to go is...
When I’m happy...

The smell of cake makes me think of...

I feel ___ years old inside because...

If I had no work or other obligations tomorrow, I would...

I used to think...

Before my time ends...

I wish I was...

I remember when...

3am feels like...

The greatest gift I’ve ever been given...

I wonder...

I am proud of myself for...

I am grateful for...
Doodle a “list” of twenty or more things that describe you. For example, if you love photography, you could doodle a camera. If you have curly hair, you could doodle some curls.

Find papers around the house to collage in your journal, such as gift tissue paper, phone book pages, receipts, etc.

Cut out an image (or partial image) from a magazine, glue into your journal then doodle around it to make a new image. For example, perhaps you find an image of a toaster... you could then doodle around it, using the toaster as a head for a robot.

Choose one word that describes what you are feeling today. Write that word again and again all over your page until it is completely filled up. Be creative! Use different colors, fonts, styles, or perhaps even use letters found in a magazine.

Squirt some acrylic paint onto your page. Move it around with an old credit card or key card. Scrape the paint up and down, and then scrape side to side, letting the colors mix slightly.

Choose a color, then fill your page with anything and everything that is that color. You can try to find magazine images or wrapping paper in your chosen color, or look around at other things in your home such as yarn, string, things in your junk drawer, fabric scraps, gift tags, stickers, etc.

If you are a coffee or tea drinker, try splashing a few drops onto your journal page. When dry, imagine what these splotches look like, kind of like looking up at the clouds, and then sketch in some details.

Dip a string or yarn into paint. Place it in your journal, and then shut the book leaving the end hanging out. While the book is still closed, pull the string out.

Experiment with stamping patterns using paint and items found around your home or yard such as leaves, potatoes, toilet paper tube, etc.

Paint your page with watercolor. While the paint is still wet, sprinkle with table salt
and watch the magic happen as it dries! (When completely dry, you can brush away the salt.)

Create a really ugly drawing.

Glue down a page from an old book into your journal. Highlight or circle words that call to you, or highlight words to create a new sentence. Paint or color with a marker around your words to block out the rest.

Using letters cut out from a magazine, spell out your favorite quote.

Put your journal or piece of paper somewhere outside so that a shadow casts on it (such as a shadow of a flower). Sketch the shadow.

Flip to the second empty page in your art journal. Draw one or more doors, and then use an exacto knife to cut one side so that you can open the door(s). Glue the opposing pages together (just don’t glue the door(s) shut!), then write down secrets or hidden surprises within the doors.

Fill the page with circles.

Grab a pack of crayons or other art supplies from your child’s stash and play like you were five again.

Tear out sections of color and texture from a magazine or scraps of art. “Sculpt” them into a scene on your page.

Using one or more writing utensils of your choice (E.g. pencil, pen, markers, crayons), draw parallel lines with each line being different. You can draw thick lines, thin lines, curly lines, jagged lines, etc. Keep going until you fill the page.

Fill the entire page with mindless doodles.