



Your

Creative Journaling Field Guide



- ✓ Choose a Journal
- ☐ Select Some Creativity Tools
- ☐ Find a Relaxing Place to Journal
- ☐ Schedule Time in Your Day for Journaling
- ☐ Set Aside Your Fears

How to use this guide

This guide contains helpful tips that will make developing your journaling practice along with a selection of journaling pages from my book *The Recovery Reflections Journal*. Before you begin, prepare yourself for success by reviewing the checklist to the left. I've checked off the first item for you, since you've already printed this guide which has two weeks of journaling pages in it.

For additional support with the items on the list above, find me on YouTube. I have a series of videos there about journaling habits.

I'll be checking in on you soon!

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Writing prompts week 1 & 2

There's no longer any question about it, journaling has great benefits. You gain clarity, heightened self awareness, and increased compassion for yourself as well as others. But, sometimes your mind is so cluttered and loud that you can't seem to get started.

I've put together this list of prompts you can use to jump-start your journaling and make it a habit. There are 14 thought-provoking ideas here (enough for two weeks of daily writing).

Simply choose a prompt and write whatever comes to mind. Once you've used a prompt, check it off so you remember you've used it.

- ☐ Who makes you feel the most "at ease" and what do they do to make you feel that way.?
- ☐ When was the last time you cried? What caused you to cry?
- ☐ Write a letter to one of your parents - even if you don't actually give it to them.
- ☐ In detail, describe a vacation spot.
- ☐ Write a letter of forgiveness to yourself.
- ☐ Write down 3 of your favorite smells. Describe, in detail, how each one makes you feel.
- ☐ Write a list of 10 things you want to remember during difficult times. (Use this later if you're feeling down)
- ☐ What is your favourite song right now? What do the lyrics mean to you?
- ☐ Name two risks you want to take, but haven't yet. What's holding you back?
- ☐ Who or what (or both), helps motivate you the most? Why is that?
- ☐ Write about what you perceive to be the worst thing you've ever done.
- ☐ Write about something that truly surprised you.
- ☐ Describe an outfit that you feel completely comfortable in. Why does it make you feel comfortable?
- ☐ What secrets are you keeping? How does keeping these secrets affect your life?

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creativity prompts

Week 1 & 2

The act of drawing effects your brain in a way like nothing can. Studies show that it improves hand-eye coordination. It also causes memories and experiences stored in your brain to become stronger, more vivid, and easier to access. Beyond that, it increases intuition, causes awareness of your surroundings to sharpen, and improves your memory. Best of all, it produces positive brain chemistry, causing an improvement in your mental health.

That's great, but what if you've never considered yourself much of an "artist"?

To that, I say, "MALARKY! Everyone is an artist". And drawing or doodling in your journal might just be the perfect way for you to start to change the belief that you're not artistic.

So now that we've dealt with that, here's how I'm going to help you get to it so you can reap the benefits of putting pen (or pencil, or brush) to paper.

Below is a list of prompts that you can use to get your creativity flowing. Choose something from this list and start doodling in your journaling pages. Once you've used a prompt, check it off the list so you are challenged to use a different one next time.

Remember that there is no wrong way to journal. The most important thing about journaling is that you get into the habit of doing it regularly so that you can get all the juicy mental health benefits.

- ☐ Draw something without lifting your pencil from the page
- ☐ Draw something using only dots
- ☐ Draw an upside down house
- ☐ Draw the item to your left
- ☐ Draw 3 different trees
- ☐ Draw your favourite music
- ☐ Use all your colours
- ☐ Use only shades of blue
- ☐ Print an "A" then incorporate it into your drawing
- ☐ Draw something that likes water
- ☐ Draw something using tiny "x's"
- ☐ Draw using ink and pencil
- ☐ Draw something yellow and black
- ☐ Draw a night time object

date: _____

thoughts



intentions

accomplishments

gratitudes

A black and white line drawing of a chibi-style girl. She is wearing a winter hat with a large pom-pom on top. She has a thick scarf around her neck and a coat with pom-poms on the sleeves. She has large, expressive eyes and a small, open mouth, giving her a surprised or excited expression. The drawing is positioned on the right side of a page with horizontal lines.

A black and white line drawing of a cute, chibi-style girl. She is wearing a winter hat with a large pom-pom on top. Her hair is short and styled with bangs. She has large, expressive eyes with long eyelashes and a small, open mouth, giving her a surprised or happy expression. She is wearing a thick scarf and a coat with large pom-poms hanging from the sleeves. The drawing is simple and clean, suitable for coloring.

intentions

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thoughts

Handwriting practice lines (horizontal lines) and a cartoon illustration of a person sitting on a bench.

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A black and white line drawing of a girl with large headphones, holding a book, standing next to a large blank area for writing. The girl has short hair with bangs and is wearing a hoodie. She is holding a book in front of her. The background is a large, blank area with horizontal lines, suggesting a writing space.

A black and white line drawing of a chibi-style girl. She has large, round eyes with long eyelashes, a small nose, and a slight smile. She is wearing large, over-ear headphones. Her hair is short and styled in a bob with bangs. She is holding a book in front of her chest with both hands. Her right hand is also pointing upwards with the index finger. She is wearing a hoodie with a drawstring and pants with a small detail at the bottom. The background consists of several horizontal lines on the left side.

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