

5 SIMPLE STEPS TO START YOUR JOURNALING PRACTICE

Create a Journal Jar + Bonus Journaling Prompts

1. **Find a suitable jar.** You can use anything, a mason jar, cookie jar, or a vase.
 2. Then **print and cut out the prompts from page 2 of this document** and put them in the jar.
 3. Whenever you're feeling stuck for journaling ideas, just **pull out a prompt.**
 4. **Set the timer** on your smartphone (or one from your kitchen) for thirty minutes.
 5. **Put your prompt in front of you** and simply write down whatever comes into your mind.
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*Check out more posts on Journaling on the blog:
<https://diannemdaniels.com/journaling>*

Dream Vacation Destinations	Best Meals I've Had	Best Meal Location	Best Meal Company
Favorite Movies	Favorite Books	Favorite Songs	Top Goals for this Year
Top Goals in Five Years	Something People Don't Know About Me	Things I Wish I'd Done	My Secret Desires
Most Outrageous Thing I've Done	Most Outrageous Thing I Want to Do	Biggest Gamble	Letter to Someone I've Wronged
Meet Anyone from History - Who?	Meet a Fictional Character - Who?	Host a Dinner Party with Anyone - Who?	Go Back in Time - Fix What?
What Makes Me Smile Every Time	Family Members I Love	Movies I Love	Promises I Kept