

TRACEY LLOYD CREATIVE

Journaling Prompts



These have been designed so you can cut them out and put them in a box or envelope to pull out randomly when you need inspiration. You could also glue them into random pages in your journal

What am I grateful for today and why?	When have I done something that I didn't think I could do?
Five inspiring things I saw today.	What do I think when I smell the sea air?
Write a letter to your 16 year old self. Tell this version of you the advice you wished you knew at 16	Write a letter to your 80 year old self. Tell this version of you the achievements in your life that you are proud of at 80 (you can imagine these achievements).
Describe a flower in your garden in precise detail	Turn on the radio (or a streaming service). Write a few sentences about how you feel about what you hear.
Describe in detail the most recent person that you have met	What did you dream about last night? If you can't remember, make something up.
Inhabit a moment of fear you had as a child and write it out	Close your eyes and imagine unexpectedly coming face to face with a lion. Imagine you're the animal and write about the experience from the lion's viewpoint.



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