



{ Journaling Ideas }

1. Use journal Pockets. Create pockets to place journal cards.
2. Use a Journal tear sheet book (available from companies such as Making memories).
3. Create a camera log book. As you take photos that capture a special moment, you can jot down your thoughts while they are fresh. Simply record the photo number and quick note in your log.
4. Use Quotes
5. Use Poems
6. Use Definitions from a dictionary or create your own
7. Use Magazine clips
8. Use Receipts or labels
9. Create a journal jar with various themes. Pick one each day and journal about that subject. Always include photos if possible.
10. Use the ABC's (think of descriptive words from a-z)
11. Use the letters of their name to spell out characteristics
12. Use Commercials or TV catch phrases
13. Journaling is a great place to use leftover alphabet stickers for a fun mixed media look.
14. Use bullet points rather than full sentences.
15. Use lyrics to songs
16. Use the words to a favorite children's book
17. Conduct an interview
18. Fill in the blank (i.e. if I were a super hero I would . . .)
19. Use pre-made journal cards, Journal spot stamps and stickers, journal prompt cards, or fill in the blank cards.
20. Use templates like the Journal Genie from Chatterbox to create creative shaped journal spots like circles or waves
21. Place a bunch descriptive word strips on the page
22. Write from the point of view of a pet or child
23. Journal "A Day in the Life" complete with photos
24. Record a funny conversation
25. Journal "your closet" or your children 's take pictures of your favorite outfits
26. Have "Guest Journaling" Invite others to share their thoughts
27. Journal your defining moments
28. Journal your routine or daily schedule
29. Journal your weekly menu and grocery list
30. Journal your style by cutting out pictures from magazines that reflect your likes or dislikes.

31. Journal your home from room to room. Describe each room and any memories that may be associated with each one.
32. Record the similarities and differences between two people
33. Journal a “Now and Then” page. For instance do a page that has a picture of you and your husband while you were dating and also has a current photo. Describe how things were then and now.
34. Journal life’s trials . . . a mess a child made or a home emergency.
35. Journal goals, hopes, regrets, or dreams that you’d like to accomplish.
36. Make a bucket list . . .100 things you’d like to do before you die.
37. Journal your strengths and weaknesses
38. Journal your hobbies complete with photos
39. Journal a list of favorites
40. Journal things that make you happy or sad
41. Journal pet peeves
42. Journal your achievements or things you are most proud of
43. Journal a page out of your calendar and give highlights of the month.
44. Journal special relationships between friends, families, or pets.
45. Journal your child’s favorite toys
46. Journal a list of favorite books, songs, or movies
47. Journal notes to Santa or the tooth fairy
48. Have your child write a quick sentence about an event and use that as your journaling on your page.
49. Journal a “he said/she said” page
50. Create a Circle Journal. Pick a topic and pass it from friend to friend. Each person can record their thoughts or add photos. When it is completed it is returned to the person who started it. (include return instructions in the back).