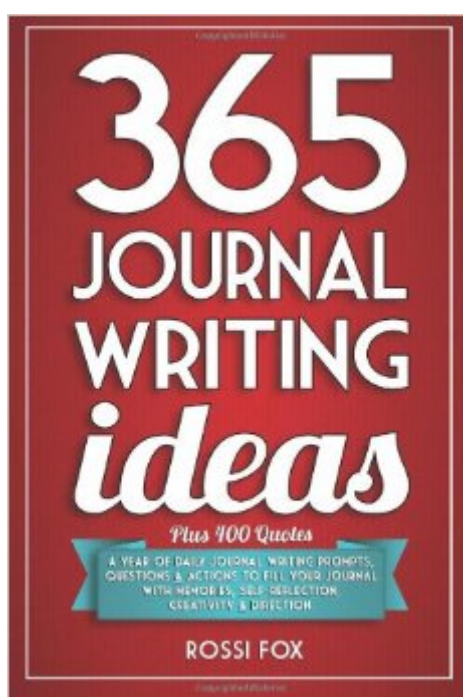


The book was found

365 Journal Writing Ideas: A Year Of Daily Journal Writing Prompts, Questions & Actions To Fill Your Journal With Memories, Self-reflection, Creativity & Direction



Synopsis

Follow the undated daily journal writing prompts & weekly actions in this book to fill your journal to the point of bursting. Filled with memories, self-reflection, ideas, inspiration, creativity, experiences, achievements, gratitude, short stories, photographs, goals and direction. Unlock the potential of your journal and enjoy some time for yourself. **Journal Writing Tips & Tricks.** Learn how to beat the blank page to start your journal writing practice, how to make the time to write, how to organize your journal/diary, find ideas on how to add visual interest to your journal, discover a collection of alternative journal prompts, a photography challenge checklist, and more. **365 Journaling Prompts & Questions.** Enjoy a years-long guided journal writing course for self exploration through daily writing prompts. To help you use your journal/diary as a place to remember where you have been (memoir), appreciate where you are now (gratitude) and decide on where you are going (goals). Not only helping you gain clarity, closure and purpose but also resulting in your very own mini memoir or life journal keepsake. Mixed in amongst the reflective journal writing questions are creative writing prompts, light hearted questions and short story writing idea generator tables to help get your creative writing juices flowing and to have some fun with your journal. **52 Weekly Actions.** Feel like you are stuck in a bit of a rut? Looking to boost your self confidence by expanding your comfort zone? Or do you want some new experiences to write about? Along with your trusty journal, complete one action each week over the 365 days to make the next 52 weeks of your life just that little bit more interesting. For example: Week 30 - Send someone a gift without them knowing it is from you. Report back to journal. *****BONUS***Over 400 Quotes.** A quote collection of over 400 quotes and proverbs ordered by subject, from adventure to writing. To be used as an extra source of inspiration, wisdom and starting points for your journaling practice. After all, who doesn't love a quote collection? **Is This Journal Writing Book For You?** Are you intimidated by the blank page? Is your journal writing becoming repetitive? Are you looking to find some direction and start setting goals? Are you a writer or blogger who wants to knock the wind out of writer's block? Have you found it difficult maintaining a journal writing practice? Do you want to create a record of your life in a life journal? Are you looking for a creative outlet? Do you enjoy creative and short story writing? Do you feel a need to clear out and process some mental clutter? Have you built up a collection of blank journals because you are scared of ruining them? Have you googled "how to write a journal" or "how to write a diary" but still don't know where to start? If so, this book is for you. **NOTE:** The journal prompts & actions in this book are not dated so you can start from journaling prompt No.1 & weekly action No.1 at any point in the year. You can also pick and choose the prompts at random if you are looking for an occasional resource to help beat writer's block. So

are you ready? Let's get journaling... 10% of proceeds from 365 Journal Writing Ideas are donated to The Make-A-Wish Foundation.

Book Information

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Customer Reviews

Life often seems to pass us by so quickly these days; A journal records the different events of our lives, and calls to mind things that invoked different emotions in us, be they positive or negative. At the time something is actually happening, you never think about the fact that you will probably forget it in future. Looking over a journal of events and memories that happen over a course of years will give you so many enjoyable "that's right!! I remember that.." moments. Really, it's like reading a novel of your own life. Not to mention the fact that it comes in handy merely for the fact that you are able to check the exact time a certain event occurred, for future reference. Being aware of all the things above, I thought it was high time that I started keeping a journal, and so I picked this up for some inspiration and - wow! There is a huge wealth of information here, tons and tons of ideas and inspiration for writing a journal. This author is amazingly creative and has come up with a huge variety of ideas for journal musings. For example, the second page of your journal should detail nearly 50 positive aspects of your life that you should let flourish and grow, ie "Over the next 365 days, I give myself permission to love, I give myself permission to grow, I give myself permission to shine and I give myself permission to explore" - to name just a few. This will give you amazing ideas for filling your journal with "memories, self-reflection, creativity and direction" (as it says on the cover). Sums it up perfectly!! Included are 365 prompts to write about in your journal, one for every day of the year.

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