

JOURNALING JOURNEY 3/27/201

WEB RESOURCES

PROMPTS:

<http://www.canteach.ca/elementary/prompts.html> -- A long list of various journal prompts.

http://www.kporterfield.com/journal/Journal_Prompts.html -- A short list of deeply provocative prompts.

<http://www.daydreamingonpaper.com/random.html> -- Random prompt generator if you need something quick or choices overwhelm you. This gives you one choice.

<http://teachers.net/lessons/posts/1860.html> -- A thoughtful list of quotes for a response journal.

EXPLORING THE FORM:

<http://www.connecting-with-nature.net/journal.html> -- A great article on how to create a nature journal.

<http://community.livejournal.com/600seconds/> 600 Seconds -- 10 minutes, once a day, for 365 days... An online community to join with in your journaling journey.

SO MANY BOOKS, SO LITTLE TIME

If you struggle with the idea of writing long paragraphs of work, consider exploring a journal of lists. Try keeping it simple:

List Your Self: Listmaking as the Way to Self-Discovery. Irene Segalove and Paul BobVelick

Do visuals really wake up your creativity? Try this guide for writing with pictures: *A Picture Is Worth 1000 Words: Image-Driven Story Prompts and Exercises for Writers.* Phillip Sexton

Not ready to turn your soul inside out, but you still want to write. Try this approach. These are humorous, clever ideas for the comedian within.

Give this a try:

Unjournaling: Daily Writing Exercises that Are NOT Personal, NOT Introspective, NOT Boring! Dawn DiPrince and Cheryl Miller Thurston

Molly Blaisdell

www.mollyblaisdell.com

Seize the Day, my online inspirational journal, mollyblaisdell.blogspot.com

Questions: molly@mollyblaisdell.com

STUFF TO TRY

Create a letter journal. Keep copies of your letters bind them with the responses. Try binding them with ribbon. Nothing like a stack of letter bound with a ribbon. I recommend saving a copy of every letter you send.

Try making your own journal. If you are crafty, you might try this: <http://www.daydreamingonpaper.com/0204.html>. This has simple project directions and will help you make your own journal.

Write snapshots of the important people in your life. Capture the essence of who they are. Try writing from their POV.

Write snapshots of gratitude. During your daily routine, notice times when you are grateful. At the end of the day, write these down.

This is a brave choice: Write your own book of secrets. Consider writing a book of confessions. (Yes, keep it under lock and key.)

Collect the lyrics of your favorite songs and write your response to these lyrics while listening to the music.

Write a page a day. Hint, the smaller the pages, the less you have to write. The bigger the pages the more space you have.

Keep a sense journal for a week. Stay aware of all sensory input and write about this connection that you have with the world. Pay attention to how much nature time vs. man-made time you are experiencing.

For all the pop culture junkies out there, write about all the pop gossip, paparazzo gleaning, and unconfirmed reports that you've heard this week. (I'm warning you. This can be an eye opening experience.)

Buy your own journal. I have a stack of "gifted" journals that generally get used for grocery lists. A good journal must have a paper that is aesthetically pleasing to the touch. It must be a likable size. Put some serious thought into the journal you choose.

I write journals and would recommend journal writing to anyone who wishes to pursue a writing career. You learn a lot. You also remember a lot... and memory is important. Judy Collins

