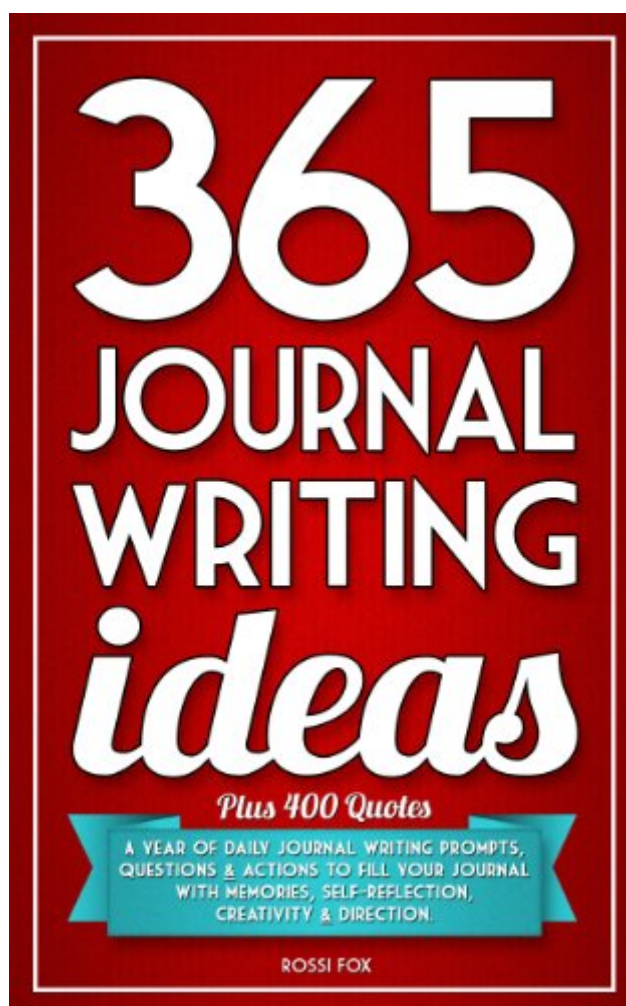


The book was found

# 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. Click on the book cover to have a look inside.

**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.No Kindle? No problem. You don't need a Kindle to read Kindle books, you can buy 365 Journal Writing Ideas today to enjoy it instantly on the FREE Kindle app for PC, Mac, iPhone, Android, Windows Phone and Blackberry. So you could use this book with your journal to do some journaling curled up in bed, on your lunch break at work, at a coffee shop or even learn how to journal at the beach (lucky you). 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

File Size: 5301 KB

Print Length: 252 pages

Page Numbers Source ISBN: 0957679300

Publication Date: January 23, 2013

Sold by:Â Â Digital Services LLC

Language: English

ASIN: B00B52SGXK

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #55,009 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

inÂ Â Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Journal Writing #67 inÂ Â Books > Self-Help > Journal Writing #112 inÂ Â Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth > Self-Help

## Customer Reviews

I'm still working my way through this one, but so far I really like it. Some of the prompts are a little weird to me, for writing. I'd think they would be more suited toward an audience trying to write creatively every day. But, for the most part, the prompts are fun to complete. I didn't know what to do as far as journaling every day, so this was a really nice place to start. About 16 prompts in I've been able to come up with my own ideas and branched out from there, but I still reference back to this book when I hit a road block. I'd definitely recommend this to beginning journalers who don't know where to start.

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. These are things like: "tell me about an adventure you would love to have", "make a list of all the things you would do or buy if you won the lottery jackpot", "if you could relive one memory of your life over again, which would you choose and why", "in your journal, write a letter to yourself 10 years in the future", "what would you do if you knew you could not fail?", "when do you feel most alive?" and "I am grateful for my family because.." - to name just a handful of the 365. Very thought-provoking and incredibly meaningful and valuable food-for-thought for your future consideration and reflection. There is an introduction and a chapter "how to use this book", followed by a bunch of other chapters such as "which journal size or style" and "why make the time?", before proceeding to the 365 day/52 week journal writing prompt ideas. There are also 52 weekly actions, such as "week 8: go somewhere different, somewhere you have never been", "week 35: host a 3 course meal by candlelight", "week 37: call someone for a catch-up. Report back to journal" and "week 50: plant a tree. Report back to journal with a photo". It makes you realize that journal writing doesn't have to be just a recording of events - it's a way to inspire and motivate yourself everyday, to try something new, to do something different, meaningful and special in your life every week, in order to live a fuller, happier, more adventurous and more enriched life. It will also remind you of and reinforce the positive aspects of life. This is where its true value lies, in addition to being a very

useful future reference, of course. I am so inspired by this, I intend to start a journal using these ideas immediately!! I highly recommend this for anyone wanting to start a fascinating, liberating, exciting and enlightening personal journey of journal writing for "memories, reflection, creativity and direction"!!!

I bought this book because for the past two years, I've been keeping a journal. It was something I forced myself to do after I read the Happiness Project, and the Autobiography of Benjamin Franklin, and a few dozen articles about the benefits of journaling. I originally started journaling about my daily events/activities, and after a month or so moved on to the meatier stuff: problems, feelings (I wasn't aware I even had those?), soul-searching, dream recording, and problem-solving. Much has changed since I first started keeping a journal: I passed the Bar exam, and found a job as a criminal defense attorney. Now I use my journal to plan out motions and jot down snippets about cases to one day use in the amazing novel I'm going to write about my crazy life. But in the meantime, I often appreciate prompts. And when I saw this book, with its awesome cover and great blurb, I knew I had to get it. I don't really get books about journal-writing - I always figured, everything I needed to write in my journal was already between my ears anyway. But I'm glad I bought this. It's a great little book filled with prompts. Some are repetitive, so that's not cool, but there are a ton of great prompts, so I found myself not minding the occasional repetition. I love pulling this up in my Kindle app on my iPad, getting out my journal and my Pilot G-2 pen (best pen ever) and just settling in for a good, solid, uninterrupted hour of journal writing. Very, very glad I bought this. There are excellent prompts in the form of questions and inspirational quotations and even those mix-and-match things where you're prompted to write a story. (How cute!) Also, there are "action steps." For example, the book tells you to do something nice anonymously for a friend, and then report back. And that aspect of it is what sets this book apart from other journal writing books, in my opinion. If you're on the fence, take the plunge. Get this book. I'm optimistic that you'll enjoy it.

I love this book! I love to keep a journal but after a couple weeks I usually get bored with it and quit. This book is full of fun activities to keep you engaged. It isn't dated so you can write about something fun, memorable or funny that happened that day or you can use a prompt from the book. There are weekly challenges which I can't wait to do. Photography challenges which I love. It's just fun. And it gets you out of your box. Sometimes it may be write a short story and you get to pick a plot. A lot of them are "tell about a time when..." which is awesome! When it's over, I plan to start at the beginning and do it all over again!

I absolutely love this book! It is everything anyone who journals could want. I journal but I want to do a better job of it and with this book, I know I will. Rossi Fox has so many wonderful ideas and gives you so many choices to work with. I hope to write many journals before I leave this world and pass them on to my daughter. Thank you for this wonderful guide book. Wonderful Quotes included to set you on a positive journal writing journey. This would be a wonderful book to buy for your journal writing family and friends along with a nice journal to get started.

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