

YOUR STORY IS WORTH TELLING.

JOURNAL PROMPTS

Make a family tree of careers and occupations. How did your parents and grandparents make a living? Can you go back any farther than your grandparents? Were there family businesses or did each person in your family take different career paths?

Start a list of books you've read in your journal. Going forward start noting the date you finished a particular book. For fun, devise a rating system or symbols to keep track of your favorites. Would you recommend it to others? Would you reread it again? Where does it rank among other books you've read?

Word Association: One at a time, write each word and then write next to it the first memory or events that come to mind:

APPLE ORCHARD
DRAG RACE
SPELLING TEST
PUPPY
FAMILY DINNER

Can you remember all the jobs you've held through your entire life? Draw a line across a page of your journal and start a timeline. Try to remember as many jobs as you can and start plotting them in order. Add any dates or years you remember and make notes of any memories or events.

Group photos can be great prompts. Find a group photo and paste it into a journal page right smack in the middle. It can be a recent photo or an old photo. Label the people you know and write down memories. Reach out to family and friends if you need help remembering names and details.

Try and count the number of cars you remember you and your family having throughout your life. Draw lines across a few pages so that each car has its own little section. Now write out (or draw) what you remember about each of those cars: What kind was it? Where did it take you?

People Watching: Today make a note of interesting people you meet. What were they wearing? Who did they remind you of? Why did they make an impression? Create a narrative in your head to remember the details, as if you were going to tell others about your chance meetings.

Make a list today of simple pleasures. What are the little things that make you feel a twinge of joy every day? What small, authentic moments are you grateful for?

Word Association: One at a time, write each word and then write next to it the first memory or events that come to mind:

MATCHBOX CAR
PLAYGROUND
JOB INTERVIEW
CIRCUS
BUS STOP

Sketch out a floor plan of the first classroom you remember. As you sketch, make notes: colors, names, and events that come to mind. Who was your teacher? Who was in your class?

For more prompts visit:

www.lilblueboo.com

