Daily journaling prompts to provide fresh fodder of inspiration for a whole year. Fill your journal with entries that capture your life in all its glory.

- Dolly Garland
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>4</td>
</tr>
<tr>
<td>Photo Prompts</td>
<td>7</td>
</tr>
<tr>
<td>365 Journaling Prompts</td>
<td>8</td>
</tr>
<tr>
<td>Conclusion</td>
<td>374</td>
</tr>
<tr>
<td>Bonus Prompts: The Back Story</td>
<td>376</td>
</tr>
<tr>
<td>Bonus Journaling Prompts</td>
<td>378</td>
</tr>
<tr>
<td>The Final Conclusion</td>
<td>421</td>
</tr>
</tbody>
</table>
Journaling, like most things, gives best results when done regularly. But it’s difficult to find time in an already busy routine. That’s where this book comes in.

With 365 days of journaling prompts, you are never at a loss for inspiration. You don’t have to worry about what to write. You just look up the day’s prompt, and start writing. Whether you write a few lines or a few pages, it’s the daily practice that matters.

The best thing is that you can use these prompts multiple times, over and over again, and you will still discover something new in your writing every single time.

Let’s talk about a few things you should keep in mind as you use this guide:
Make a habit of asking “why” when you journal. That one thing alone will make you go a lot deeper, and your writing will become richer and more honest.

Many of the prompts don’t have detailed descriptions. This is deliberate. Your individual interpretation of the journaling prompts matters just as much as what you write in response to it.

For example: what do you think of when I say, “elections”?

A teenager might think about the upcoming elections for a Class President. Someone interested in politics may think about national or local political elections. Someone else may think about the concept of election itself, its history and how it came about. Yet someone else may take the word election, and go in an entirely different direction as to how elections take up all the TV coverage time, and make them miss out on their favourite show.
Interpretation matters.

Even your interpretation may be different from time to time. Use this book this year, and then use it again next year, and compare your entries. As you grow and change as a person, many of your beliefs and opinions may change too. Also, your mind-set at the time of writing will also impact what you write about.

The key to using these prompts, or any writing prompts, is to not think too much. Just read it once carefully, and start writing. Let your instinct guide you. It doesn’t matter if you end up diverting from the original topic. Your subconscious will usually take you where you need to go, rather than where you think you should go.

Trust in the process. Trust in your self.

Enjoy the Journey!
Along with text prompts, you will find a selection of photo prompts in this guide.

**HOW TO USE THEM:**

Keep the image open in front of you. Look at it – with complete attention – for a couple of minutes, and then start writing. Still keep the image in front of you so that you can glance at it whenever there is a break in your writing. But try to keep your hand moving as much as possible.

Whether you choose to describe the image as you see it, or relate it to your own experience, it's up to you. Another option is to simply use your imagination and write what comes of it, even if it's fiction, or half-truths.
365 JOURNALING PROMPTS
Why do you want to keep a journal?

What appeals to you about journaling?

Have you tried before and given up, or are you a consistent journal keeper?
How content are you with your life at the moment?

Grade it on the scale of 1 to 10. 1 being completely dissatisfied, and 10 being completely content.

Justify your score. Be specific.
What does “Happiness” mean to you?

Does being happy mean you have to be smiling all the time? Or does it feel more like being content with who you are, and where you are in life? Or something entirely different?
What scares the crap out of you?

Whether you admit it to anyone or not, what makes you walk faster on the street, or keep you looking over your shoulder? What gets you paranoid?

Write in detail about the times you experienced this fear.
If you could do anything professionally what would it be?

Dare to dream. Be ambitious. What work would you like to do?

Are you doing it now? If not, why not?
Who do you feel closest to in your family?

Don’t worry about playing favourites. This is your journal, so be honest.

Remember, just because you feel closest to one family member, doesn’t mean you don’t love the rest.