
JOURNAL PROMPTS FOR BEGINNERS

30 Days of Writing Prompts for Beginners

Are you staring at a blank journal page wondering where to begin? I've been there, and I've got you



covered! Here you will find guidance on starting with one line a day in your journal until your comfortable with venturing out! These are also great to use if you're simply looking for a change within your journaling routine.

Enjoy these starting points for your journal and watch for patterns, learn about yourself, become mindful, grow and simply have fun with it.

We all have a story that deserves to be told, and I hope you are excited to celebrate yours!

Benefits of Journaling:

- * Reduces stress
 - * Creates mindfulness
 - * Encourages creativity
 - * Boosts memory, mood and confidence
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1. I think...

2. I feel....

3. I am....

4. I believe....

5. I trust that....

6. I wish....

7. I am grateful for....

8. I am aware that....

9. I fear....

10. I get to....

11. I enjoy....

12. I intend to....

13. I would like to....

14. I let go of....

15. I laugh at....

16. I relax by....

17. I will....

18. I have....

19. I remember when....

20. I forget to....

21. I smile when....

22. I learned....

23. I am excited to....

24. I can change the world by....

25. I forgive....

26. I apologize for....

27. I haven't....

28. I find fulfillment in....

29. I am focused on....

30. I love myself because....

Happy Journaling!

Check out our collection of [guided journals](#) at:

WWW.ROBYNLIECHTI.COM

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