

Episode 51: Journaling prompt

Capture your stream of consciousness.

- **Choose a time:** like Finnian's 8 mins, 20 seconds or a time that suits you.
- **Or a length:** like my one-page or Julia Cameron's Morning Pages.



A series of horizontal dotted lines spanning the width of the page, intended for journaling.

Listen to the full episode here
[Link to the podcast](#)

Share your journaled thoughts on Facebook or
Instagram with **#WritingYourBestSelf**

