

# What to Journal About

"I Say Yes" Art Journaling Class by Leslie Ackman

1. Your daily life
2. Things you loved about your day
3. Stuff you are worried about
4. Five things you are grateful for
5. Your goals and dreams
6. I Believe...
7. Write down your Prayers
8. Write down one person that brightened your day today
9. What made you laugh today
10. What songs lift you up?
11. Top five things you accomplished today
12. A favorite quote of the day
13. Free write...that is just put your pen on paper and WRITE!
14. What do you like most about yourself today?
15. What makes you...YOU?
16. Today \_\_\_\_\_ made me smile
17. Write about something you heard that inspired you today.
18. Who can I be nice to today?
19. I am excited about \_\_\_\_\_.
20. Keep track of your negative thoughts and see how you can change them.
21. What made you proud today?
22. My good stuff today!!
23. Keep track of your positive thoughts and build on them!
24. Three things that made you laugh today
25. Today was hard...
26. Today was AMAZING...
27. Today was a learning experience....
28. What I am wearing today and why.

