

Fifty Journal Prompts

Use these 50 Art Journaling prompts to get you in your journals!

1. Make a list of ten things you love about your life right this minute
2. Use yellow and pink on a page
3. Set a timer for 1 minute and just start writing...use what you wrote down.
4. "When you're seen beyond yourself, then you may find peace of mind is waiting there." -George Harrison
5. Today I feel...
6. Use primarily circles on your page
7. I used to have a crush on...
8. Take one color you never use on your pages and use it!
9. Set a timer for 15 minutes and create a page
10. If you could go anywhere in the world where would that be?
11. Use orange, aqua blue and white on a page
12. Make a list of everything you love about yourself and make a page
13. Make a list of everything you would like to change about yourself and make a page
14. My favorite way to spend the day is...
15. Use lots of lines on your page
16. Use nothing but stencils on your page
17. What is your favorite childhood memory?
18. "Reality leaves a lot to the imagination." -John Lennon
19. What would you tell your younger self?
20. Use neon colors only on a page
21. Use a number stencil on your page
22. Create a page based on your favorite holiday
23. Create a page based on your favorite season
24. "The Possible's slow fuse is lit by the Imagination." - Emily Dickinson

25. Love is...
26. Name 5 memories you have as a child
27. Use flowers on your page
28. Use a magazine image on your page
29. Create a page using different shades of one color
30. "If you don't like something change it; if you can't change it, change it, change the way you think about it." -Mary Engelbreit
31. Create a page inspired by your favorite artist
32. Use a letter stencil on your page
33. Make your favorite marks on your page
34. Use watercolors on your page
35. My favorite songs are...
36. "No matter how long the winter, spring is sure to follow." -Proverb
37. What is the best thing about being YOU?
38. Use a photo of YOU on a page
39. There is no way I would ever...
40. I Need...
41. I Am...
42. I Want...
43. "Healing takes Courage, and we all have courage, even if you have to dig a little." -Tori Amos
44. "Be bold, be bold, and everywhere be bold." -Edmund Spenser
45. Use red and black on a page
46. Use your own handwriting on a page
47. What three words best describe YOU?
48. In silence I find...
49. Right now what is on your mind?
50. "In the depth of winter, I finally learned that within me there lay an invincible summer." -Albert Camus