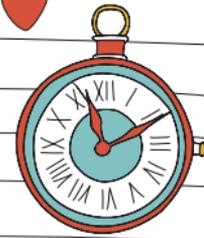
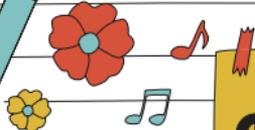
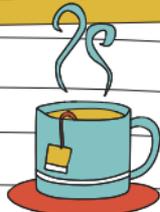
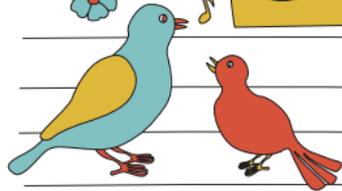


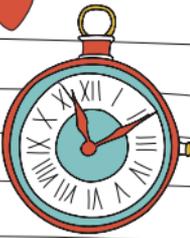
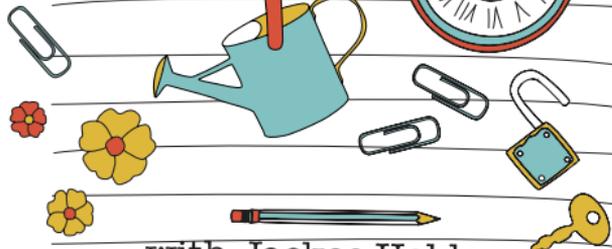
Juicy



Journaling



...get more from your writing...



...with Jackee Holder...

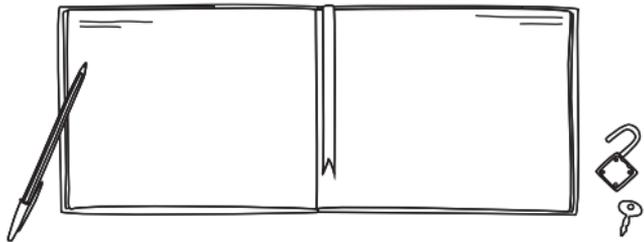




## Welcome, Lovely Journal Writer.

Journaling is not just an outer journey but one that is bound to take you to unexplored inner territory. My new collection of Juicy Journaling prompts is here to take you further than ever before.

I've designed the collection to be both printable and portable, so you can tuck your prompts in the pages of your notebook and journal on the go. There are inspirational quotes included, too, to keep you focussed.



Remember, writing is a journey and your prompts are just a starting place. Once the juice starts, go with what comes, and see what happens.

Worked through the collection, and still have a thirst for more? Great! There's plenty more prompts and quotes in my Journal Journey e-book that you can download from my website [www.jackeeholder.com](http://www.jackeeholder.com).

Here's to your Juicy Journaling journey!

Writerly yours,

A handwritten signature in cursive script that reads "Jackee".

Jackee Holder



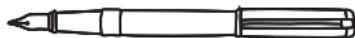
There's a whole host of ways of working with the prompts:

- Shuffle the cards at the beginning of the week and choose seven random cards as your prompts for the weeks journal entries.
- There's a card for the full moon and new moon of each month so make a note and pull those cards out and leave them to one side.
- A blank luggage tag means you get to choose what to write about or you can use blank tags to write down your responses to any of the prompts in the pack.
- The writer Ernest Hemingway suggests leaving your writing at a place where you know what you're going to write about next. When you've finished writing why not pick your card for the next day and tuck into the blank page where you know how you'll begin your next writing entry.

- Get a special box to store your journal prompts and pick from the deck as and when needed.
- Invite around a group of writer friends or creatives and use the deck to organise a fun writing session.
- Take your cards out to dinner or to a café and write. Share the cards around if other people show or express an interest. Send me a note if you share too many and I'll send you a complimentary new deck.

Purchase packs of blank luggage tags from good stationers and add new prompts to the deck. There's plenty of prompts and quotes in my Journal Journey e-book you can download from my website: [www.jackeeholder.com](http://www.jackeeholder.com)

**Have fun with our new deck.**



DON'T THINK IT, INK IT

*(get it down in writing)*

Jackee Holder



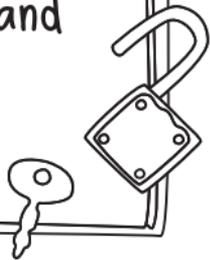
**ink** *lɪŋk* noun [ mass noun ] a coloured fluid or paste used for writing, drawing, printing, or duplicating: the names are written in ink | [ *count noun* ] : a picture executed in coloured inks. • informal publicity in the written media: the story got lots of ink and plenty of air time.

27/9

Schedule time to journal in your diary and treat it like any other important meeting.

28/9

If you wouldn't stand up a colleague or old friend, then why stand up yourself?



NOTES:

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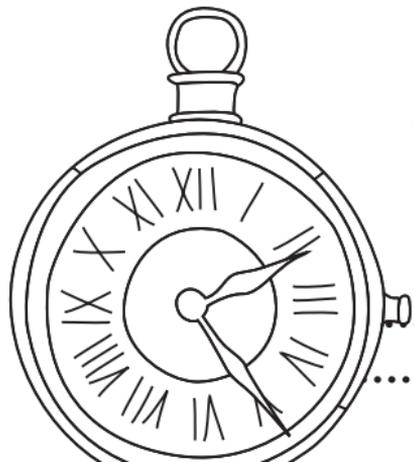
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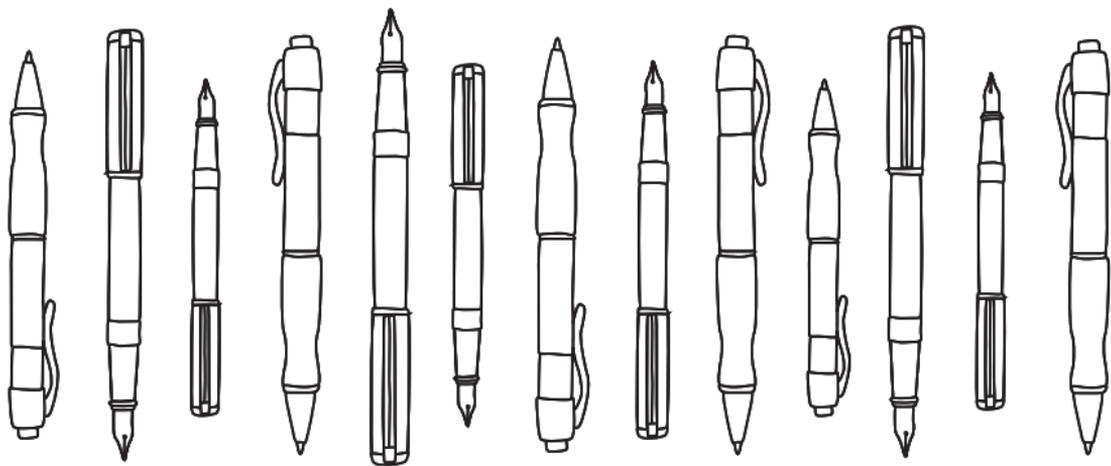


Give your mind a

# 10-MINUTE

'worry break' today  
by pouring all your  
and anxieties onto a  
page instead. What do  
you notice about your  
thoughts now that they  
are written down?





Before you do anything else today, set your timer for 10 minutes, select a journal prompt, and get writing.

NOTES:



End your day by writing about this question -

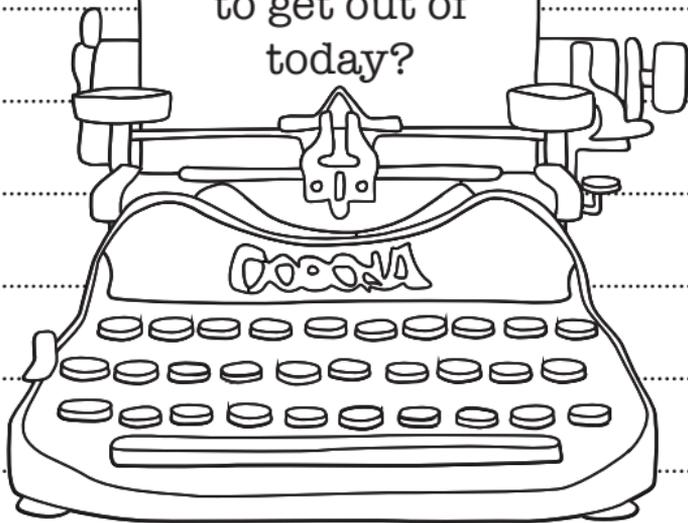
*"What's the most significant thing you achieved or experienced today?"*



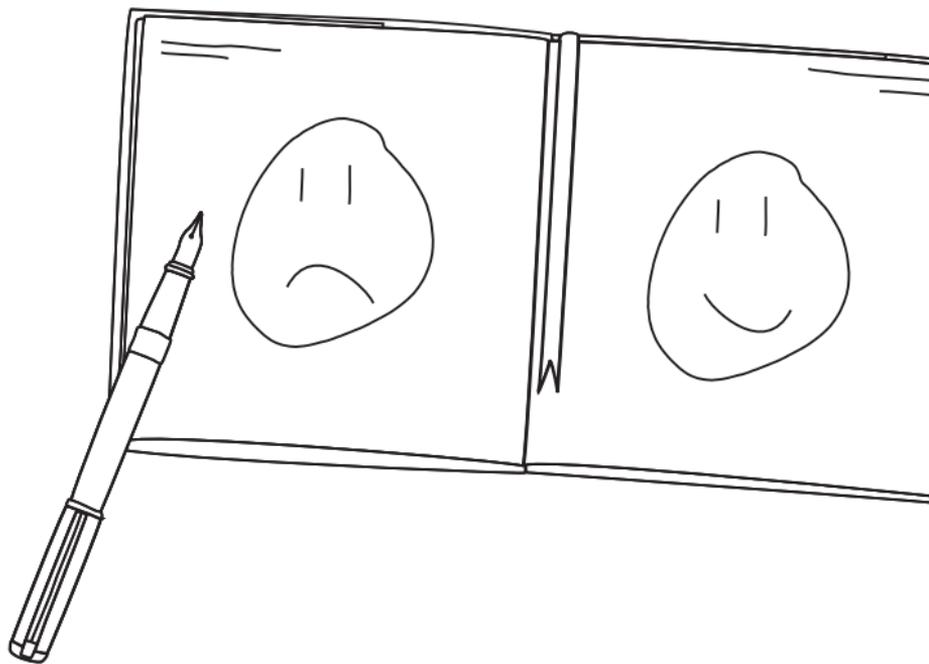
**achievement** | noun 1 a thing done successfully with effort, skill, or courage: to reach this stage is a great achievement. 2 [ mass noun ] the process or fact of achieving something: the achievement of professional recognition | assessing ability in terms of academic achievement | a sense of achievement.

NOTES:

What is  
**the most**  
important thing  
you would like  
to get out of  
today?



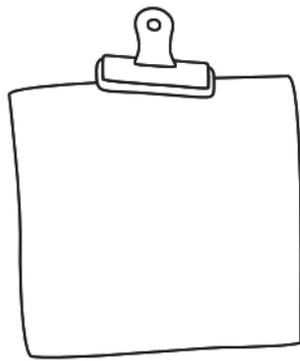
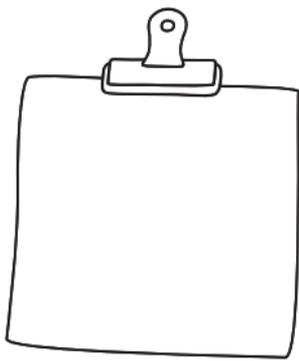
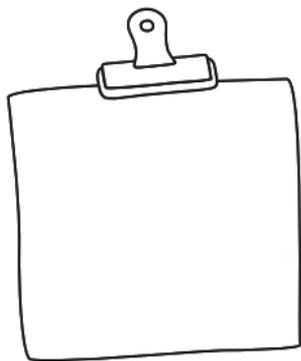
If you could  
change one  
thing about  
yesterday,  
what would  
you change,  
and why?



NOTES:

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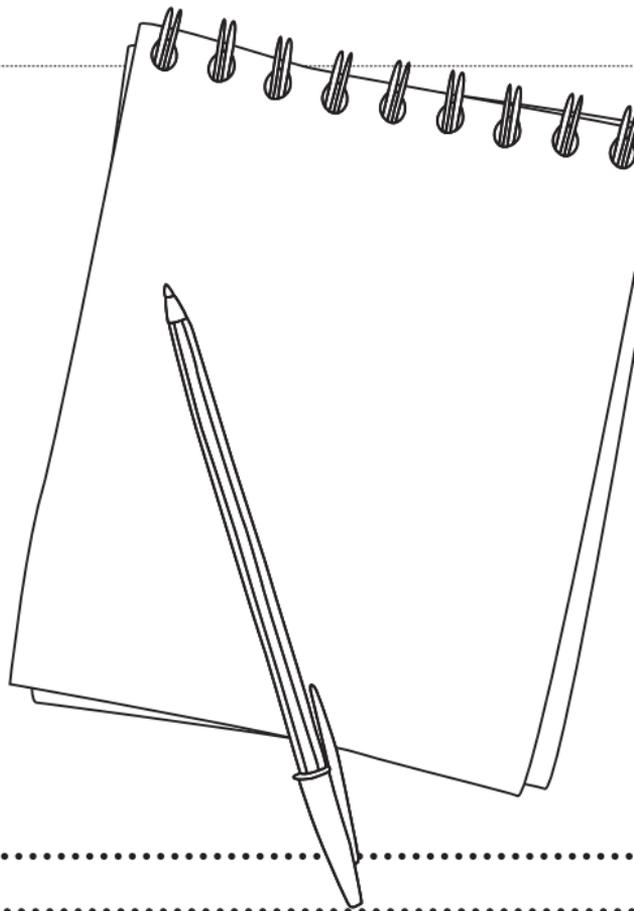


What are three things that went well today?  
Small things matter as much as big things.

NOTES:

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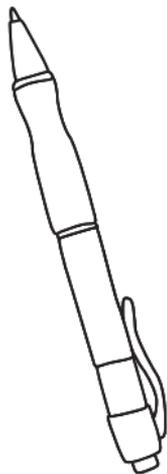
Write a letter to yourself  
from the future you.  
What does your older,  
wiser self have to share?



NOTES:

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When you *SHAKE THINGS UP* on the page, you send a message to the **Universe** that you are ready to *SHAKE THINGS UP* off the page, too.



So just for **TODAY** use a different **coloured pen**, write in a *different direction* in your notebook, write on *scraps of paper* or old envelopes **INSTEAD**, or change your font if you are **on your computer.**



NOTES:



Thinking about yesterday,  
**WHAT WENT WELL FOR  
YOU, AND WHAT DIDN'T?**

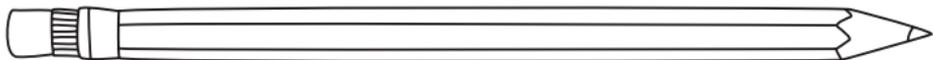
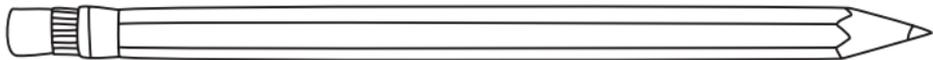
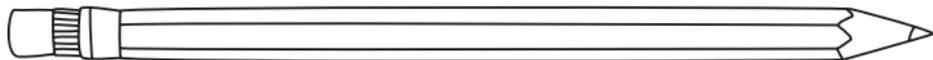
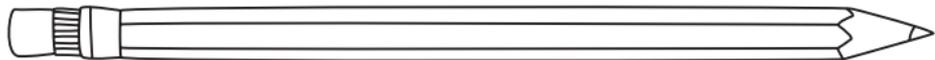
NOTES:

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Journal about five ways in which you showed you were a capable person today.  
Showing up to write this counts!

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NOTES:

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WRITE YOURSELF A LETTER OF ENCOURAGEMENT  
FROM YOUR 'INNER MENTOR'.

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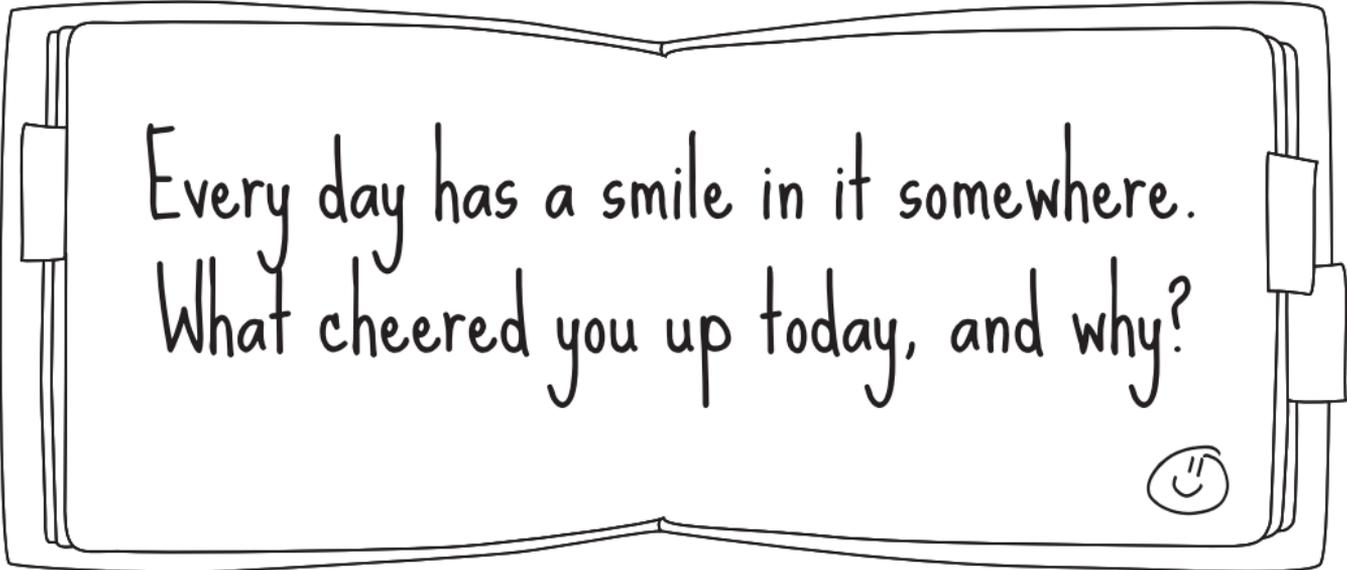
This is the wise, all-knowing part of your personality  
that recognises your struggles and wants to support you.

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NOTES:

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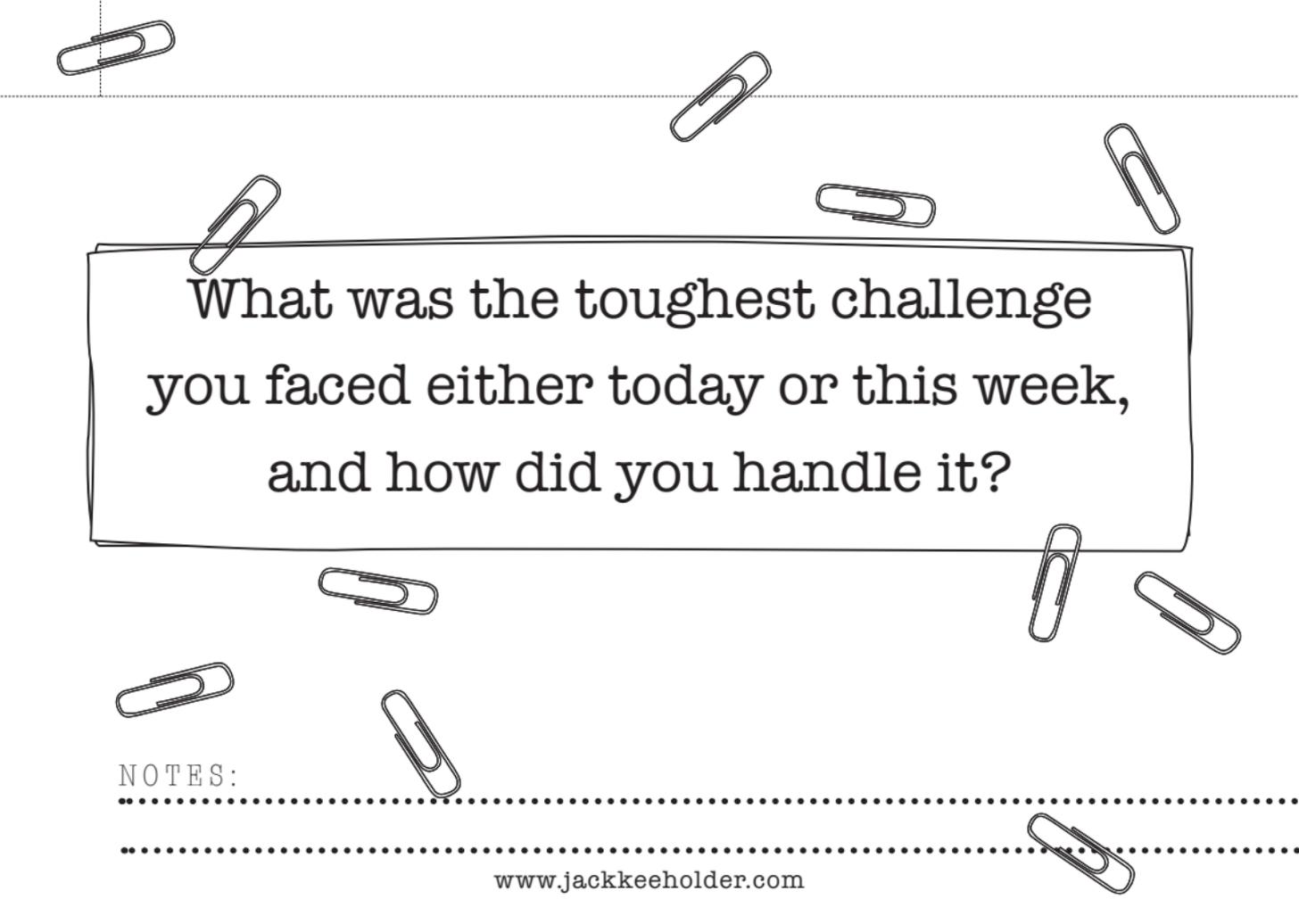
Every day has a smile in it somewhere.  
What cheered you up today, and why?



NOTES:

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What was the toughest challenge  
you faced either today or this week,  
and how did you handle it?

NOTES:

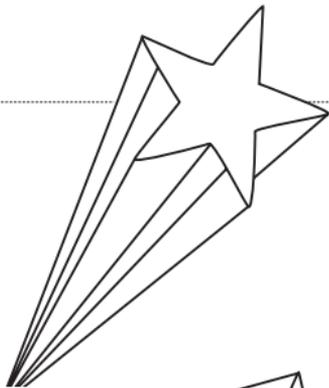
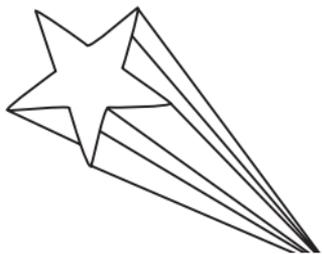
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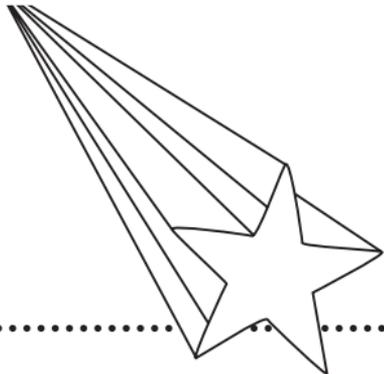
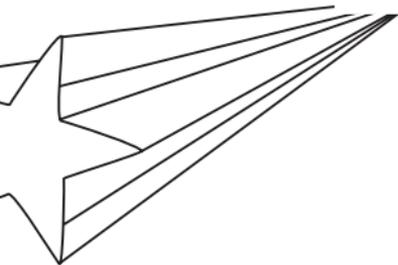
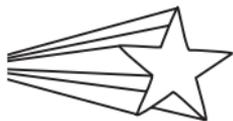
For every fault you  
can write down about  
yourself in the next five  
minutes also write down  
a strength you have that  
counterbalances it.

For every fault you  
can write down about  
yourself in the next five  
minutes also write down  
a strength you have that  
counterbalances it.

NOTES:



Superpowers are your unique and outstanding qualities and strengths. Which of yours did you



NOTES:

Creativity doesn't have to mean you are an artist. It can be as simple as cooking a great meal with what is left in the fridge or putting together a work presentation in an inspired way. List 10 ways you were creative today.

1

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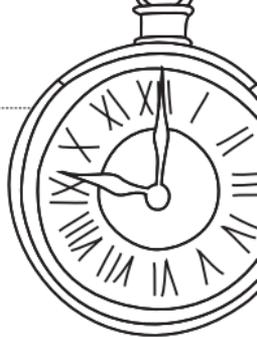
7

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NOTES:



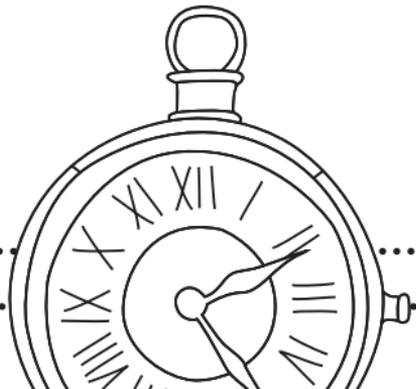
What did you not write about  
yesterday or today that  
could be the topic of your  
journal entry for the next

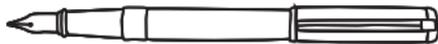
# 10-MINUTES

NOTES:

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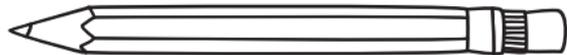
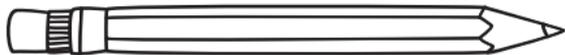
"Writing changes lives and lives  
are changed by writing."

Jackee Holder



**change** *tfem(d)* 3 | verb make or become different: [ with obj. ] : a proposal to change the law | [ no obj. ] : a Virginia creeper just beginning to change from green to gold. [ with obj. ] take or use another instead of: she decided to change her name.

# SHOW UP!



DON'T WAIT TO BE INSPIRED TO WRITE IN YOUR JOURNAL.

SHOW UP, CHOOSE A PROMPT AND GET WRITING. THE INSPIRATION  
EMERGES FROM THE DOING.

NOTES:

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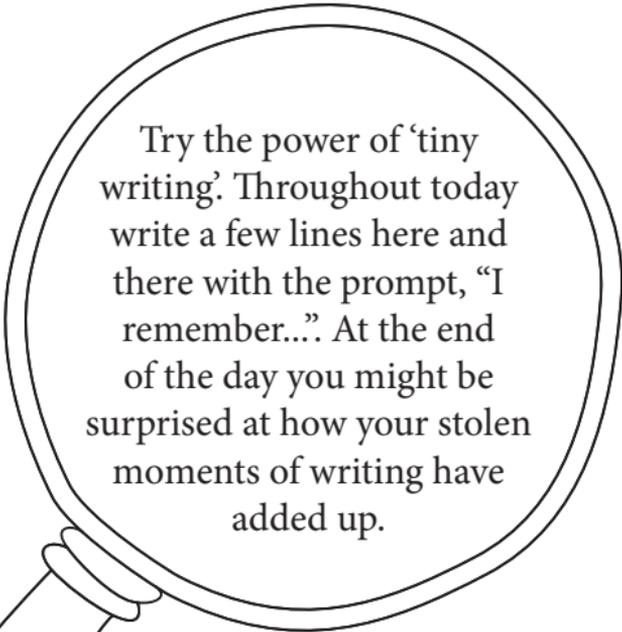


“NO TEARS IN THE WRITER, NO  
TEARS IN THE READER.”

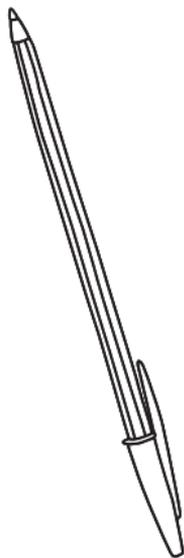
Robert Frost



**tear** | *tle* | noun - a drop of clear salty liquid secreted from glands in a person's eye when they cry or when the eye is irritated. a tear rolled down her cheek. she burst into tears and stormed off.



Try the power of ‘tiny writing’. Throughout today write a few lines here and there with the prompt, “I remember...”. At the end of the day you might be surprised at how your stolen moments of writing have added up.



NOTES:

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*Sometimes a small ritual or ceremony is a great way to kickstart or close your journal writing time.*

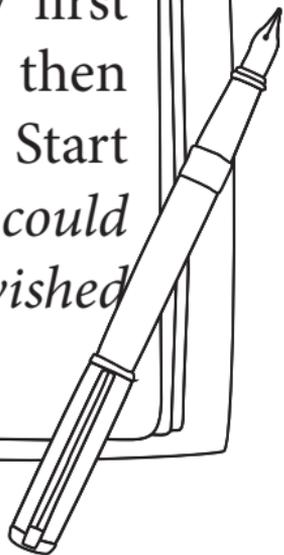


*Describe a ritual or ceremony you could do that would entice you to the pages of your journal on a more regular basis.*

NOTES:

Your journal is your playground of messy imperfection and is for your eyes only. Give yourself permission to write

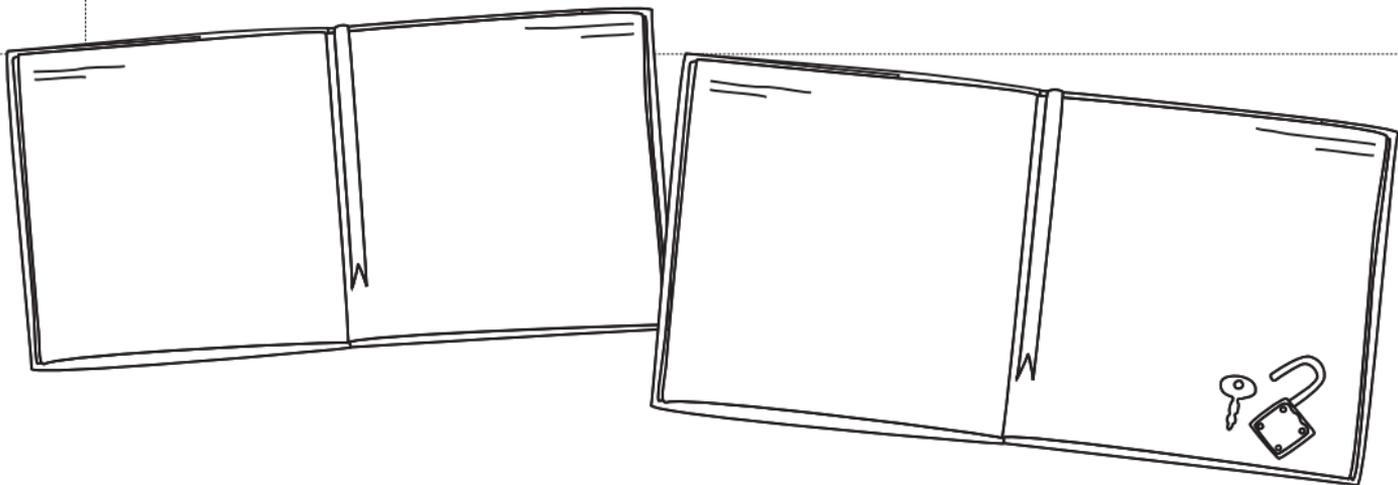
a truly crappy first draft today, then really go for it. Start with, *'What I could have said, or wished I'd said, was...'*



NOTES:

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**Working through feelings is not just helpful, it's the route to emotional intelligence and more personal power.**

**Your journal is a great place for it. Choose an emotion or a feeling and write about how it did or didn't show up in your day.**

NOTES:

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Your inner critic is the voice inside your head telling you you can't and pointing out all your flaws, and it really loves distracting you from journaling.

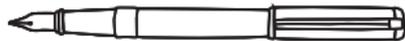
Write a letter to your inner critic today giving it three good reasons you are making it redundant!



NOTES:

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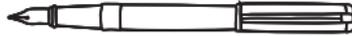


*"There only one way I know to successfully  
get past writer's block and that is  
TO WRITE!"*

**Jackee Holder**



**write** *vrAid* [verb] mark (letters, words, or other symbols) on a surface, typically paper, with a pen, pencil, or similar implement: he wrote his name on the paper | Alice wrote down the address | [ no obj. ] : he wrote very neatly in blue ink.



WRITING ACCUMULATED IN YOUR JOURNAL OR NOTEBOOK HAS SO MUCH POTENTIAL. IT CAN INCREASE YOUR SELF-AWARENESS, PROVIDE MATERIAL AND CONTENT FOR A VAST RANGE OF WRITING GENRES, STRENGTHEN YOUR UNDERSTANDING OF OTHERS AND AS WELL AS PROVIDE A HOST OF PSYCHOLOGICAL AND PHYSICAL BENEFITS.

*So much can be gained by regular journaling.*

Jackee Holder



**potential** *lpə(A)tɛnf(ə)l* [ mass noun ] latent qualities or abilities that may be developed and lead to future success or usefulness • (often potential for/to do something) the possibility of something happening or of someone doing something in the future.

“Begin it now ... momentum  
is sure to follow.”

Jackee Holder



NOTES:

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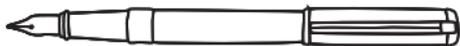
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When we write from the place of our wounds and scars we let the light in, heal, and grow closer to personal enlightenment.



Write about a wound or scar you have been carrying.

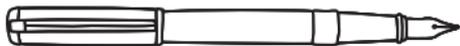
NOTES:



“I HATE WRITING.

I love having written.”

Dorothy Parker



**love** /lʊv/ noun [ mass noun ] a strong feeling of affection: babies fill parents with intense feelings of love | their love for their country // a great interest and pleasure in something: *his love for football* | *we share a love of music.*

Use your journal today to vent and release. It's a great way to stop overthinking, recognise negative thoughts, and re-energise. Start now with,



'These are the things that make me really mad and upset ...'

NOTES:

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Make a list of 10 benefits expressing yourself in a journal brings. Does it reduce stress for you? Promote better memory?

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NOTES:

Don't feel like writing today?

**GREAT.**

Write a list of all the reasons why you don't feel like journaling (and yes, you just tricked yourself into getting your pages done for the day!).



NOTES:

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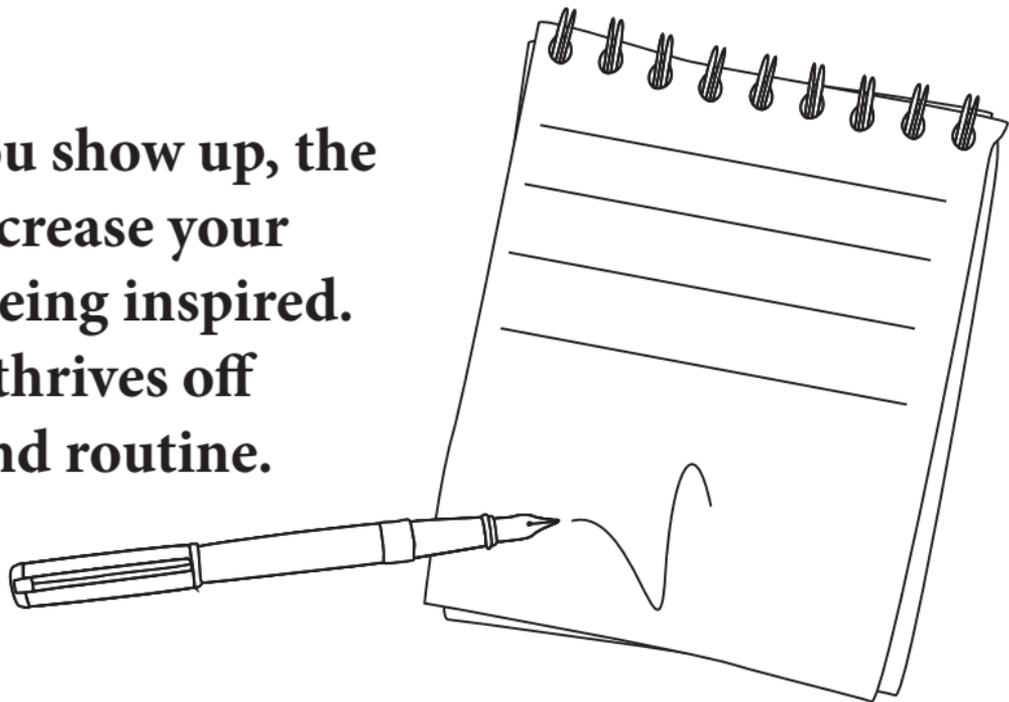
.....

**20 things to write about:** your day the bore on the train your girl/  
boyfriend friend your coworker at work who shit on you the full moon-  
last night what you should have said to your best friend or the rude guy/  
girl on the tube but you didn't the thing that happened way too long ago  
that you can't seem to get out of your mind why your job sucks right  
now the thing you are procrastinating on a dream you really do wish  
would come true if you could wave a magic wand and make it happen  
this would be an overheard conversation that made you earsprick  
what you would say to the CEO if you were asked for the advice  
where you see yourself five years from now the thing that scares  
you most the thing you know you ought to do that you are not doing

NOTES:

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**The more you show up, the more you increase your chances of being inspired. Inspiration thrives off regularity and routine.**

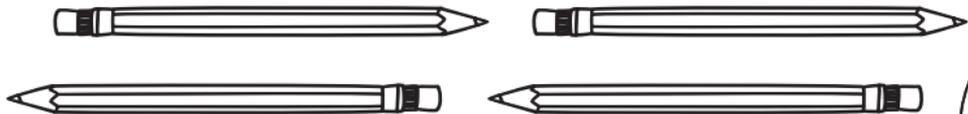


NOTES:

WHAT DO YOU THINK IS THE BEST TIME OF THE DAY FOR YOU TO JOURNAL?



Write for 5 minutes at that point today,  
EVEN IF YOU DON'T FEEL LIKE IT.



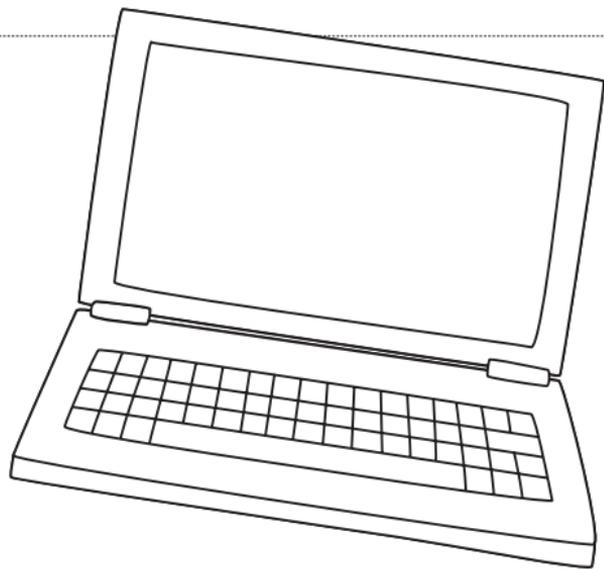
LET THE WRITING BE THE MAP AND SHOW YOU THE WAY...

NOTES:

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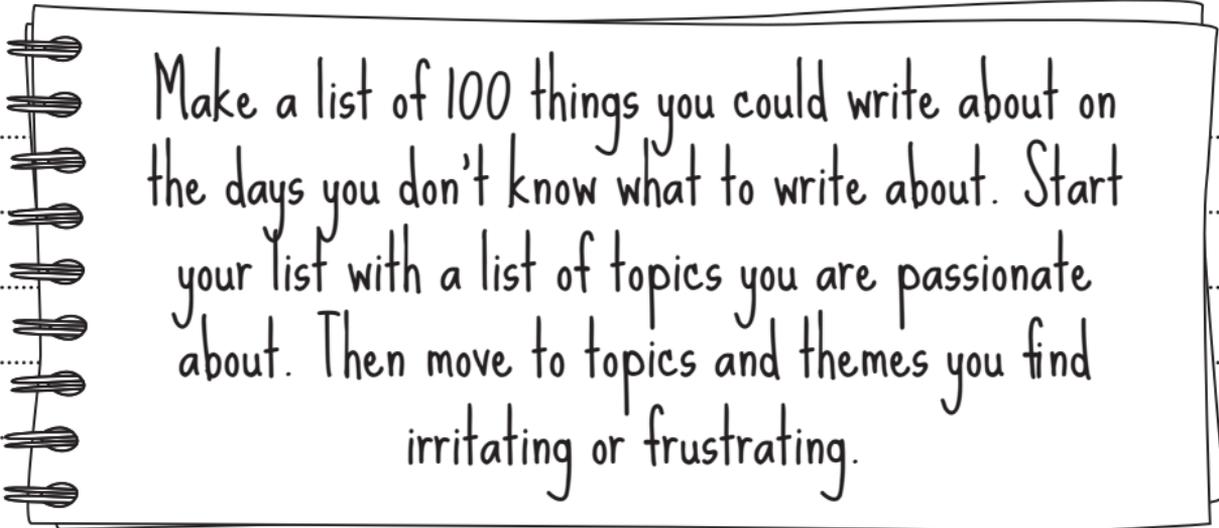
.....

Fear can be the number one challenge when you are face-to-face with the blank page or screen. Your job is to show fear the door by touching the pen to the page or your fingers to the keyboard and writing anyway.



NOTES:

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Make a list of 100 things you could write about on the days you don't know what to write about. Start your list with a list of topics you are passionate about. Then move to topics and themes you find irritating or frustrating.

NOTES:

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**Every day contains a balance of gritty moments that feel tough to write about and graceful moments that make you smile.**

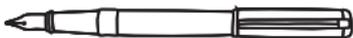


**What were your grit and grace moments today?**

NOTES:

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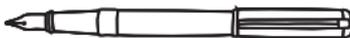
Flannery O'Connor famously said,

*"If you survived childhood you have plenty to write about."*

**JOURNAL ABOUT A CHILDHOOD MEMORY INVOLVING PLAYING TODAY. HOW COULD YOU ADD MORE PLAY TO YOUR CURRENT LIFE?**



**play** /pleɪ/ verb[ no obj. ] engage in activity for enjoyment and recreation rather than a serious or practical purpose: the children were playing by a pool | *her friends were playing with their dolls.*



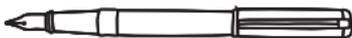
In her wonderful book *Writing Away*, Lavana Spalding shares a quote by Moshlih Eddin Saadi.

*"A traveller without observation is  
a bird without wings."*

ON YOUR TRAVELS TODAY OBSERVE YOUR WORLD THROUGH THE EYES  
OF A TOURIST AND WRITE ABOUT THE NEW DISCOVERIES YOU MAKE.



**observe** *lebz-rv1* verb [ with obj. ] notice or perceive (something) and register it as being significant: [ with clause ] : she observed that all the chairs were already occupied. • watch (someone or something) carefully and attentively • take note of or detect



A beautiful quote attributed to the ancient Greek painter Apelles of Kos is,

“NULLA DIES SINE LINEA”  
NEVER A DAY WITHOUT A LINE

*Try writing one line in your journal or notebook every  
day for the next seven days.*



**line 1** **lInnel** a horizontal row of written or printed words. take the cursor up one line and press the delete key • a part of a poem or song forming one row of written or printed words: each stanza has eight lines. • (lines) the words of an actor's part in a play or film. he couldn't seem to remember his lines and had to read his dialogue off boards.

# BIRTHDAY CARD



NOTES:

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Sunday morning lie ins watching Netflix in the winter, day retreats at  
a beautiful park in the summer...

what are your techniques for bringing yourself into alignment with



the physical characteristics of the seasons?

And how is the current season reflecting how you presently feel, both  
emotionally and physically?

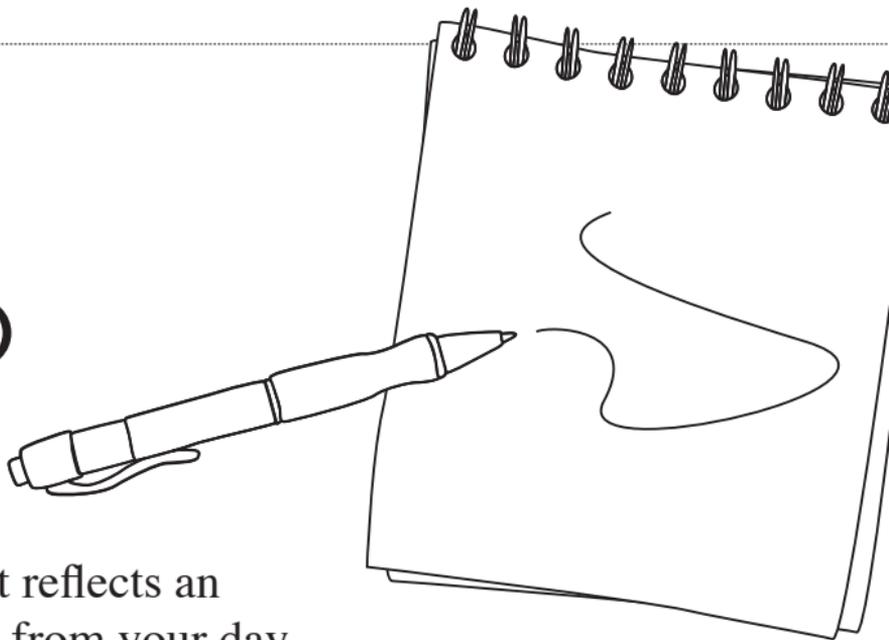


NOTES:

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# WRITE A **ONE-WORD** JOURNAL

by selecting one word that reflects an image, feeling or moment from your day.

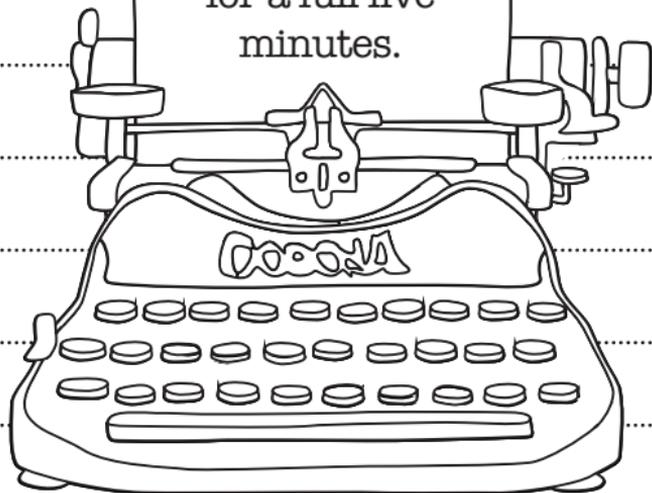


NOTES:

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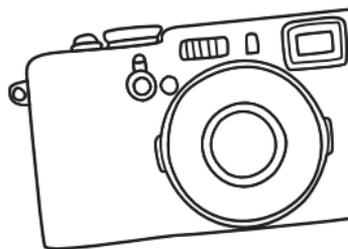
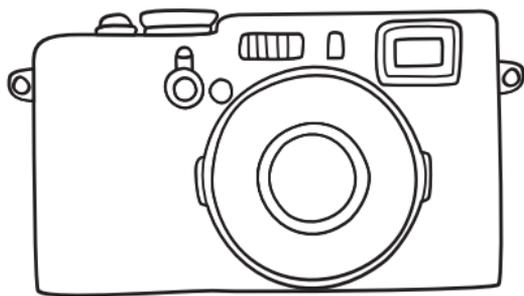
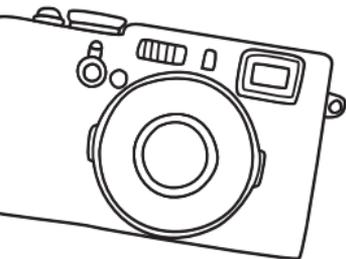
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Choose a feeling  
or emotion from  
your day and write  
about it in as much  
detail as possible  
for a full five  
minutes.



NOTES:

Take a series of photos today that are a visual essay of your day.  
What scenes are missing?

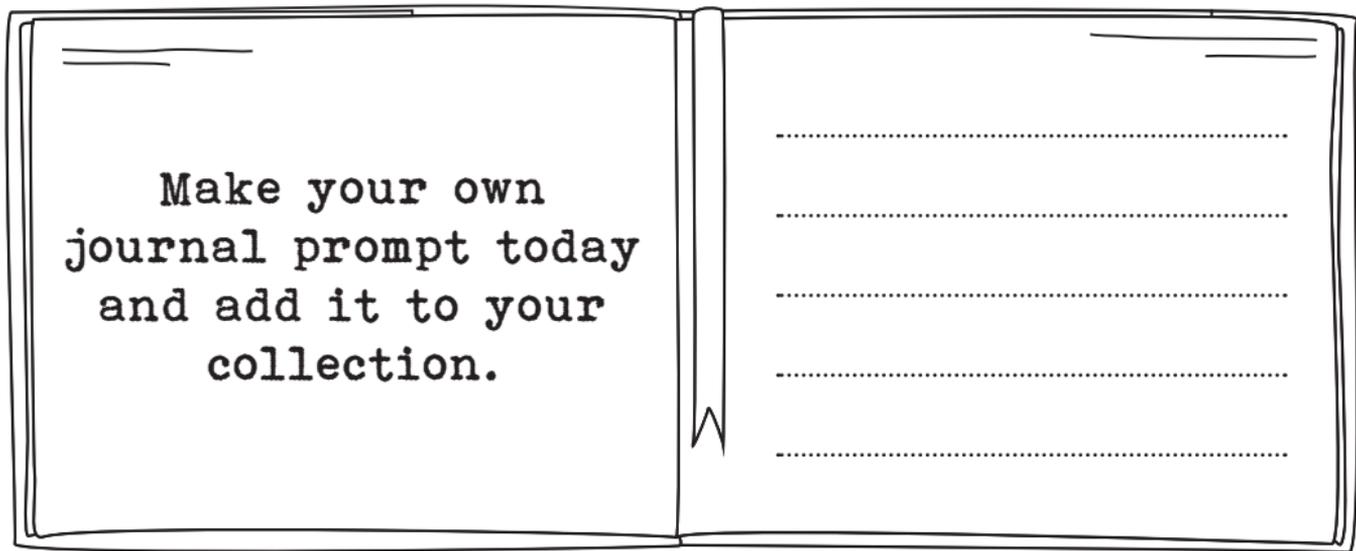


WRITE ABOUT THESE MISSING PHOTOS AND MOMENTS.

NOTES:

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NOTES:

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Find a poem that really moves you and make it your 'mentor poem' for the day.



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*Write about how it inspires you and what choices you will now make with its words to guide you.*  
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NOTES:

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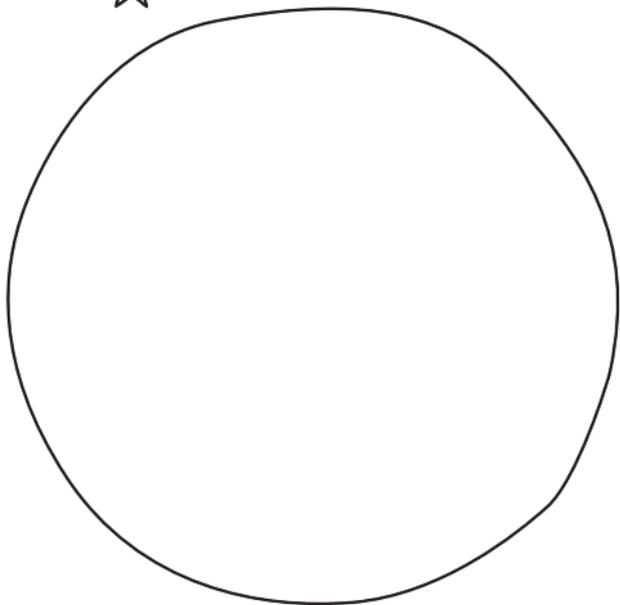
DON'T FEEL LIKE WRITING?  
DO SOME COLOURING  
INSTEAD...



NOTES:



**Moon card** - on the day or evening of the next full moon, write down a list of all the things you are grateful for.



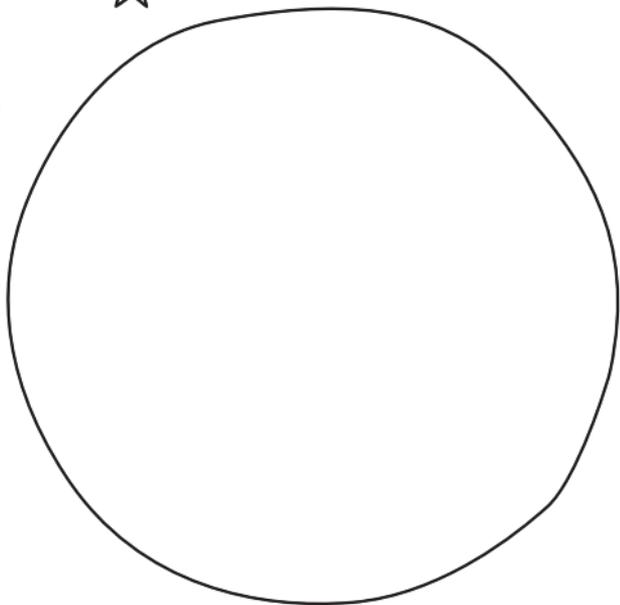
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**Moon card** - on the day or evening of the next new moon, write down your intentions and aspirations for the next 28 days.



NOTES:



CHOOSE A MOMENT FROM YOUR DAY AND  
DESCRIBE IT IN AS MUCH DETAIL AS POSSIBLE.



WHERE ARE YOU?



*Who are you with?*



WHAT ARE YOU DOING OR NOT DOING?



*What are your feelings?*



WHAT ARE YOUR OBSERVATIONS?



NOTES:

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