

## Journal Ideas

- Why does \_\_\_\_\_ drive me crazy? Journal and discover what the answer is!
- Pick a song. Use some of its lyrics to start a new journal entry. Or choose a song you love and write your own lyrics!
- Get out your journal notebook and set a timer. See how many pages you do in 10, 20 or 30 minutes.
- Begin with "If I had 'X' in my life, I would be happy." Now write a page in your journal that describes a day in your life with 'X'. Then ask yourself; how could I find or get 'X'.
- If you notice that your writing is always negative, ask yourself; 'how do I keep from writing so much negative stuff?' or ask yourself; 'how do I write more positive stuff?'
- I can deal with this stress by
- I am grateful for...
- How would you like your life to look?
- Write about a person who makes a difference in your life.