

Free-Write Journal Entry Instructions

You are required to have at least 6 free-write journal entries in your project. They may be *handwritten or re-typed*. The purpose of these writings are to let your mind go where it takes you....kind of like “doodling with writing”. This type of journaling is used in many psychological therapies and situations and helps the individual express feelings and emotions that they might otherwise keep bottled inside.

You may use any of the prompts below or just start writing. Try to write for at least 10 minutes every time you write.

If there are journals that seem too personal for anyone to read but yourself, please mark them at the top (in large letters) that say PERSONAL! I hope you trust me enough to know that I won't read them!

Suggested prompts to start your writing

1. If you could be any non-living thing, what would you want to be.....
2. Where do you want to be, this time, next year?
3. Write a letter to your children, which they will read when they are teenagers. What do you want them to know? What do you want to warn them about? What do you want to say?
4. My theme song could easily be _____ because _____....
5. What I like most about my present life is.....
6. To be or not to be.....what have you chosen?
7. When in your life do you feel that you are most yourself?
8. When does the future begin? Or the past end?
9. What do you see when your eyes are closed?

10. **When is childhood over?**
11. **What makes you special or unique?**
12. **As you follow the “Path of Life”, what do you do when you reach an intersection?**
13. **I have a dream.....**
14. **Tell a bedtime story.**
15. **Where did you see your “shadow-self” today?**
16. **List all the things you don’t want to think about. See any “themes”?**
17. **What feels new in your life?**
18. **Write your autobiography in 10 minutes.**
19. **What are you still learning?**
20. **What day would you like to relive, over and over?**
21. **Where are the places you go to relax? Why?**
22. **List 100 things you want to do in your lifetime – not 99, 100!**
23. **What makes a true friend?**
24. **If you were an animal, what would you be?**
25. **What makes a hero?**
26. **Who are you when you are alone?**
27. **How old would you be if you didn’t know how old you are?**
28. **I believe in.....**
29. **How many licks does it take to get to the middle of a Tootsie Pop?**
30. **What do we mean by “the grass is always greener on the other side of the fence”?**