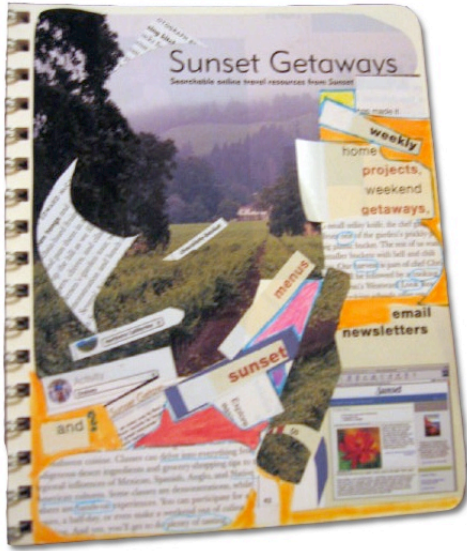


Lauri Pointer, BS, HTCP/I  
*Certified Journal to the Self Instructor*



All journaling prompts are simply spring boards- methods to get you into the waters of writing. Something powerful happens when you create space to listen inward, inviting your authentic self- your Higher Self to express in unlimited ways on the pages of your journal. It is a good idea to fill your “journaling toolbox” with a variety of ideas to get you started so you are more likely to find something that fits your mood in the moment. Little by little, as you make a habit of picking up your journal, you will begin to experience epiphanies of insight ranging from simple to cathartic, self awareness as clear as gazing into a freshly cleaned mirror, and, ultimately, you will feel your energy move vibrantly through your body as your creative muse takes up residency in your day to day life.

For Days When Words Feel Elusive....

**Collage**

*Supplies needed: journal, glue stick, scissors, old magazine*

1. Pick up an old magazine. Let yourself be intuitively guided to one page of the magazine. Tear it out and create a collage on a page of your journal with just that one page. You can use the front and/or back of the page you tear out.
2. Do a quieting meditation, closing your eyes, focusing on your breath. Invite into your mind’s eye a color that would most support your energy vibration in this moment. Notice what color comes to mind and hold that color in your memory. Pick up an old magazine and tear out everything in that magazine with that color. Create a one color collage.

Sometimes doing something creative can open the channels for writing. You can just leave it as an illustrated journaling entry or you can follow it up by observing your collage, writing your observations about it, asking yourself questions such as “What does this remind me of? How do I feel looking at this? What stands out the most in this collage? How is it a reflection of my inner life?”

For Times When You Only Have a Couple of Minutes...

**Quickies**

1. Write a list of five things you feel grateful for in this moment. Draw a simple, creative border around your list.
2. Grab any book off of your shelf and read any two sentences. Write those sentences word for word in your journal and then write reflecting on how those sentences fit or don’t fit for you in this moment.