



*Stitching for
Wellbeing*

Journal Prompts

FIONA DOUBLEDAY





Journal Prompts

Journaling is a great way to calm the mind. With my other hat on I am a meditation master so I thought I would bring some of this understanding into my stitching for wellbeing work in case anyone would find it useful. Below is a wee list of journal prompts for anyone new to journaling.

Try some of these.....use words & pictures

What makes you happy?

Who makes you happy?

Where is your favourite place?

Where is your safest place?

Describe a moment through collage.

What is your happiest childhood memory?

If you could tell your 10 year old something what would it be?

Draw your favourite flower.

Press some petals and leaves and make journal pages with them.

Draw your very best memory.

Collect some pebbles and place them in a jar of water. Draw what you see.

Take a walk and notice nature, journal about it on your return.

Walk on the grass with bare feet, how did it feel?

Say a quiet prayer/message - sketch it.

Describe a night sky with no cloud.

Pen a wee poem about yourself.

What is waiting for you at the top of your life mountain?

Plan a new corner of your garden or deck.

Watch the birds and record what you see over one day.

Whisper a love letter and write it down, seal it in an envelope and stick it into your journal.

I do hope these wee prompts have been useful....❤️

