



DAILY JOURNALING

WRITE A LITTLE EVERY DAY! USE TODAY'S SPARK TO HELP YOU THINK, IMAGINE, DRAW, OR DOODLE. THERE'S NO WRONG WAY TO JOURNAL!

MINI STORY MONDAY

WRITE A SUPER-SHORT STORY (3-5 SENTENCES)

- A SQUARE FROM ANY OF OUR IMAGINATION BINGO BOARDS
- ONE OF OUR INSTAGRAM CHARACTER PROMPT REELS
- TODAY'S WORD SPARK
- A FAV NATIONAL DAY PROMPT

TOP 3 TUESDAY

MAKE A "TOP THREE" LIST. IT COULD BE ANYTHING!

- THE TOP THREE PLACES YOU'D LOVE TO VISIT
- THE TOP THREE THINGS THAT MADE YOU SMILE TODAY
- THE TOP THREE FOODS YOU'D SERVE AT YOUR DREAM CAFÉ

WHAT IF WEDNESDAY

LET YOUR IMAGINATION RUN WILD!

- WHAT IF YOUR PET COULD TALK?
- WHAT IF YOUR HOUSE FLOATED IN THE CLOUDS?
- WHAT IF YOUR SANDWICH CAME TO LIFE?

THOUGHTFUL THURSDAY

PAUSE AND REFLECT.

- WRITE ABOUT SOMETHING YOU'RE THANKFUL FOR
- SOMETHING THAT MADE YOU CURIOUS
- A QUESTION YOU'VE BEEN THINKING ABOUT.

FREESTYLE FRIDAY

DOODLE AND CAPTION.

- DRAW ANYTHING YOU LIKE.
- THEN WRITE A ONE OR TWO SENTENCE CAPTION ABOUT IT.

SUPER SILLY SATURDAY

MAKE YOUR ENTRY AS SILLY AS POSSIBLE.

- CREATE A NEW HOLIDAY AND EXPLAIN HOW TO CELEBRATE IT
- WRITE A NONSENSE POEM
- CREATE A NEW WORD AND DEFINE IT
- INVENT A WACKY ANIMAL AND DESCRIBE IT

SENSORY SUNDAY

DESCRIBE A MOMENT USING ALL FIVE SENSES.

- TRY DESCRIBING...
- EATING A GIANT ICE CREAM SUNDAE
 - STANDING ON A WINDY MOUNTAIN
 - PETTING A FLUFFY KITTEN

