1.) Journaling about fear

Every person suffers from one type of fear or another in their lifetime. In order to feel truly alive, we need to face down our fears. Once we do this, we step out of our inner prisons, sprout wings and fly. Do you think this statement is true?

Spend some time journaling on the idea of fear. What is your biggest fear? Do you think its holding you back from accomplishing all you could in your life? Do you feel you are ready to begin to overcome it? How will you begin?

2.) Journaling to Improve Communication

Spend some time journaling about the five most important people in your life. Write down one example of a recent communication with each person. For example, journal about the last time you had dinner with a friend. Once you have written out the entire memory, look back on it and ask yourself if you feel positive about the conversation?

Were you actively listening when the other person was speaking? If not, what prevented you from doing so? When you were speaking did you feel you could say anything that was on your mind or were holding things back? If so, why?

Close your journal and return to it in a day. Imagine the same scenario but this time incorporate the ways you would change your communication to make it more effective.

3.) Descriptive writing

Describe one place that you remember from childhood. It might be a room, a house, a field, a tree fort, any place. What does it make you think of? Use your five senses to make the place come to life.

What do you see? What does it smell like - freshly washed clothes, rotten eggs? When you are in this place, do you hear any sounds - birds chirping, cars honking? Let yourself go as you write in your journal and see what this becomes – is it just a snippet of memory, a scene from a story, the birth of a story itself? Have fun!

More ideas…

1. What events most affected you? What have you learned?
2. When did you feel most loved, cherished, fully seen and heard?
3. When did you feel angry and betrayed? What would that look like from the other person’s perspective?
4. Which events will you never forget?
5. What made you stop dead in your tracks and head in another direction?
6. Do certain types of people keep showing up in your life? What does this mean to you now?
7. Write about your risks, commitment, faith, peace, and joy.
8. Start a gratitude list from A to Z. Write one thing you’re grateful for for each letter.
9. Purchase a “line a day” five-year journal – low commitment, and great to look back on!