



*10 Inspiring Journaling  
Prompts for the  
Beginner*

JOURNALING  
SISTERS

WITH SHIUAN BUTLER

Dear Journaling Sister,

Thank you for signing up for exciting new updates from the Journaling Sisters community! (That's me, Shiuan, Hi!) If you are new to journaling, these 10 journaling prompts will help get your creative journaling juices going. If you have journaled off and on in the past-- or maybe mostly off, these might be just the ticket to get you motivated again. Remember, these are completely free form. That means don't worry about complete sentences or perfect handwriting. This space is JUST FOR YOU. No one else need ever look at these.

Now before you get started, I'd like you to devote just a few moments in preparing your tools. Just as any artist has their best paintbrushes and canvas and palette, so does a writer. Do you have a journal that you truly love right now? Any notebook that's just lying around will NOT do. Your journal is YOUR SPACE. It is SACRED. Devote a little time to finding a journal you love, either online (Amazon has tons) or your local stationery or bookstore. (Your lunch break is the perfect time to do this!) While you're there, grab a pen that you love writing with as well. Think about the tip size. Do you like a few different colors or do you prefer sticking with black or blue?

Now that you have your tools, there's two more things I'd like you to prepare: Your favorite hot (or cold) drink. What makes you reflective or relaxed? And where is your favorite place in the house to sit? Where you will not be disturbed, where it's cozy, and you have all the pillows you need? Got it?

Now the moment we've been waiting for.... drumroll please! Below you will find 10 journaling prompts that will get your mind and memories flowing. You can start with any one of the prompts below. There's no right order -- just choose whichever one speaks to you.

And if you have any questions or comments, feel free to reach out to me at [shiuan.butler@gmail.com](mailto:shiuan.butler@gmail.com). I'd love to hear from you!

XO,

A handwritten signature in black ink, appearing to read 'Shiuan', followed by a small heart symbol.

Shiuan Butler  
Creator, Journaling Sisters

A stylized, handwritten logo consisting of the letters 'js' in a cursive font.

1. If you had all the time and money in the world, what kind of class or workshop would you LOVE to take? It can range from carpentry to history of war to flower arranging. What would it be? What do you love about it? What would you love to learn specifically?
2. What do you really appreciate about your body right now? Describe 3 things you truly appreciate and why.
3. You can answer this one whether you are single or in a relationship: Describe why you love being \_\_\_\_\_. If you are presently struggling with being single or in the current relationship you're in, that's OK. Write about 3 things you'd like to love about it.
4. What do you love about your life right now? Write and describe 3 things you love.
5. What is one of your identities? A working professional, a sister, a daughter, a mom? Choose one of them and write about what you love about being X. Write the top 3 things you love about it.
6. What was one of your big dreams when you were young? Why did you pick it? What did you picture your life to be like in that dream?
7. What's something you used to enjoy doing when you were younger that you don't do anymore? Why not? Under what circumstances would you consider trying it again?
8. If you had a beach house to yourself for the weekend, what would you do? Describe your surroundings. How would you spend your day? Start from the moment you wake up to when you go to sleep.
9. What is one of your favorite childhood memories? Get as detailed as you can-- what are all the sights, smells, textures, sounds that you remember? Why is it one of your favorite moments? I don't want to overlook some of us may have had rougher childhoods than others. I'd still like you to try to remember a place that was yours alone, that you could seek out for solace or peace.
10. What was one of your favorite things you loved playing when you were young? I loved biking downhill standing up, legs gripping the seat with no hands. (No wonder I love surfing now!). I also LOVED checking out 10 books from the library at a time. What were some of your favorite activities when you were young? Why? What did you love about it? How did it make you feel?

