

Creative Journaling
Journal Sparkers

Where to begin?
Just jump right in.
Write till you're done!
You'll see. It's fun!

- Describe your life as if you lived in a parallel universe where everything was opposite to this universe.
- Pretend you are the opposite sex. Write down what your life's goals would be.
- Have a dialogue with a body part.
- Write your own prayer
- Pretend you are 6 inches tall. Describe what you see, where you'd go, Where would you live? How do you feel?
- If you could fly where would you go? Where would you live?
- Write yourself an anonymous love letter. . . and send it.
- Rewrite the story of Cinderella, casting yourself, family, friends, colleagues or acquaintances in the roles.
- Imagine that you are the bravest person in the entire world. Write about the things that you would do that you are not doing now.
- Write down 3 wishes. Pretend you are a discriminating genie – what 2 wishes would you grant ? Which wish wouldn't you grant? Why?
- Write down a problem or concern. How would superman solve it? What advice would Dr. Phil give about it? How would Judge Judy rule on it?
- If you had an identical twin describe how you both are alike, how your twin is different from you. What you think and feel about the similarities and differences.
- Imagine you have a tiny devil sitting on one shoulder and a tiny angel sitting on the other shoulder. What does each whisper in your ear about family, friends, work, play, food? What do you respond to each of them?

