

# Starting a Creative Journal

Now more than ever we need to look after ourselves and a creative journal will give you the space to explore your hopes and dreams and focus on more positive things. It is a safe place to express your thoughts and feelings, to remember your favourite things and recall more joyful memories.

Write, draw or paint, make collages, collect images, articles, poems or songs that mean something to you. Keep them all together in a notebook, folder or box, or create a digital journal on your phone, tablet or laptop.

**A creative journal can be whatever you want it to be.**

- Before starting your journal you should gather what you need pens, paper, your phone etc. and find a quiet place where you can relax.
- Take a minute to close your eyes, focus, listen to your breathing and relax your body.
- Imagine a place where you feel calm and happy. This might be where you are right now or it might be outdoors, maybe a place you dream about going or a place you've already been. Take some time to find your calm place.

When you're ready, here's some ideas to get your creative journal started.

## Daily / Weekly Journal Entries

Remember this is your journal, there are no rights or wrongs. You can do anything you want in your journal.

Here's some suggested things for your daily/weekly journal entries:

- What have you been up to? Record something that happens each day/week using words, images or both. (You could include what you have done, what conversations you have had or what you have seen that made you smile)
- Set intentions for the day/week. (E.g. today I'm going to focus on being kind or this week I am going give myself time to remember the things I love)
- Make it fun, fill your journal with your favourite things. Things that inspire you.

## Letter to my future self

Write a letter to yourself, five years from now.

Simply start your letter:

Dear Future Self, I hope you are.....

Prompts for writing your letter to your future self:

- What goals have you set yourself?
- What studies do you hope to do?
- What job do you hope to have?
- Do you hope your future self travels, if so where to?
- What hopes do you have for the world and what things would you change?
- What advice would you give your future self?
- Remind yourself why you are special, write 5 positive things about yourself.

## My List of Hopes and Dreams

Make a list of your biggest hopes and dreams. Dream big! What do you wish for, for you and the people you care about?

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## Desert Island Wish List

You're stranded on a desert island, you can take 5 things with you (not including people) what would you take?

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## Scribble Drawing

Look at an object in your house. While looking only at the object, put your pen/pencil to paper and draw it without allowing your pen/pencil to leave the paper. Does it look like the object? Keep adding to your picture for as long you want. What does it look like in the end?

## Favourite Songs

List your top ten favourite songs

Do these songs make you think of a particular happy memory, photo, person or place?

You could draw, paint, or write a few words about those happy memories.

If you can, make time in your day to listen to some of your favourite songs.

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## Fill your journal with more of your favourite things

- Favourite quotes
- Favourite poems
- Favourite films
- Favourite shows
- Favourite places
- Favourite season
- Favourite artists

Take your time with your journal. Above are some suggested ideas but a creative journal can be full of drawings and paintings, photos and digital art, hand written notes or put together in a scrap book style. Make it your own, about you and your future hopes and dreams.

For more creative ideas follow the Love Lowry blog: [thelowryblog.com](http://thelowryblog.com)