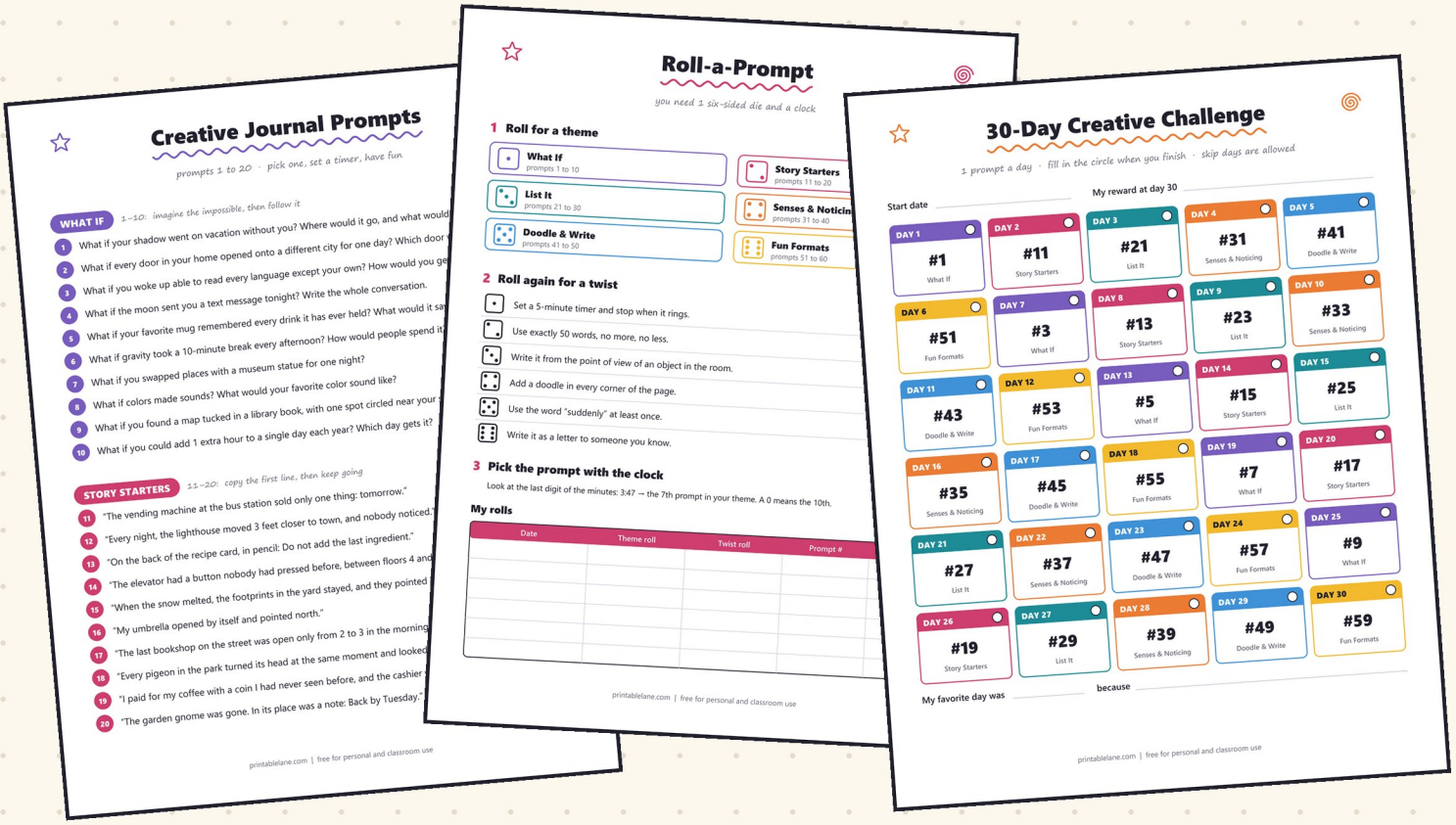
FREE PRINTABLE

60 Fun & Creative Journal Prompts

what-ifs, story starters, lists, senses, doodles & fun formats



10 pages · US Letter · prompts, cards, dice game & 30-day challenge

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Creative Journal Prompts

prompts 1 to 20 · pick one, set a timer, have fun

WHAT IF

1–10: imagine the impossible, then follow it

1. What if your shadow went on vacation without you? Where would it go, and what would its postcard say?
2. What if every door in your home opened onto a different city for one day? Which door would you try first?
3. What if you woke up able to read every language except your own? How would you get through breakfast?
4. What if the moon sent you a text message tonight? Write the whole conversation.
5. What if your favorite mug remembered every drink it has ever held? What would it say about you?
6. What if gravity took a 10-minute break every afternoon? How would people spend it?
7. What if you swapped places with a museum statue for one night?
8. What if colors made sounds? What would your favorite color sound like?
9. What if you found a map tucked in a library book, with one spot circled near your street?
10. What if you could add 1 extra hour to a single day each year? Which day gets it?

STORY STARTERS

11–20: copy the first line, then keep going

11. "The vending machine at the bus station sold only one thing: tomorrow."
12. "Every night, the lighthouse moved 3 feet closer to town, and nobody noticed."
13. "On the back of the recipe card, in pencil: Do not add the last ingredient."
14. "The elevator had a button nobody had pressed before, between floors 4 and 5."
15. "When the snow melted, the footprints in the yard stayed, and they pointed backward."
16. "My umbrella opened by itself and pointed north."
17. "The last bookshop on the street was open only from 2 to 3 in the morning."
18. "Every pigeon in the park turned its head at the same moment and looked at me."
19. "I paid for my coffee with a coin I had never seen before, and the cashier went pale."
20. "The garden gnome was gone. In its place was a note: Back by Tuesday."

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Creative Journal Prompts

prompts 21 to 40 · pick one, set a timer, have fun

LIST IT

21–30: quick lists, no full sentences needed

21. List 10 objects for a museum about your life so far, with a label for each.
22. List 10 names for a pet rock, then crown a winner.
23. List 5 rules for a club that only you can join.
24. List everything in your bag or pockets right now. Which item is the oldest?
25. List 10 foods from "every day, please" to "never again," with one reason each.
26. List 6 places in your home where you could hide a secret note.
27. List 12 words you love the sound of, even if you never use them.
28. List the 5 best things invented before you were born, in your opinion.
29. List 10 questions you would ask a visitor from 100 years in the future.
30. List 7 small adventures you could have this weekend without spending money.

SENSES & NOTICING

31–40: slow down and notice one thing at a time

31. Sit still for 2 minutes. Write every sound you hear, from loudest to quietest.
32. Describe the smell of your kitchen right now to someone who has never been inside.
33. Pick an object within reach and describe it by touch only: weight, texture, temperature.
34. Describe the best thing you have ever tasted without naming the food.
35. Look out a window for 1 minute. Name 5 colors you see and exactly where each one is.
36. Describe a song you like using only colors and shapes.
37. Which smell takes you straight back to being little? Describe the place it brings back.
38. Write a field guide entry about your own hands.
39. Describe the quiet in your home late at night. Is it ever really silent?
40. Describe a piece of fruit with all 5 senses, including the sound of the first bite.

Creative Journal Prompts

prompts 41 to 60 · pick one, set a timer, have fun

DOODLE & WRITE

41–50: draw first, then write about the drawing

41. Draw the view from your window as a tiny map, then write a key for it.
42. Doodle a creature that lives in your sock drawer, then write its daily routine.
43. Draw today's mood as a plant. How does it like to be watered?
44. Sketch 3 things on your desk with faces, then write the argument they are having.
45. Draw a postage stamp for a country you invented. What is the country famous for?
46. Turn today's breakfast into a 4-panel comic with speech bubbles.
47. Draw a tiny house for a snail. Label every room and describe the best one.
48. Doodle a pattern of only circles and lines, then give it a name and a backstory.
49. Draw your street from above, then write what a passing bird thinks of it.
50. Draw a ticket to an event that does not exist yet. Who is on stage?

FUN FORMATS

51–60: same day, new shape: write it in a different format

51. Describe your day as a weather report, with highs, lows and tomorrow's forecast.
52. Write this morning as a recipe: ingredients, steps and cooking time.
53. Write a product review of your bed, with a star rating.
54. Turn your week into a movie trailer that starts with "In a world where…"
55. Write a sports commentary of yourself making a sandwich.
56. Write a lost-and-found notice for something that is not an object, like your patience.
57. Write a 3-line poem about your shoes.
58. Write an instruction manual for being you, with a troubleshooting section.
59. Write a newspaper headline and a short article about the best moment of your month.
60. Write a text conversation between 2 things in your fridge.

Creative Prompt Cards: Set 1

12 cards per page · cut on the dashed lines, fold one into your journal or drop them in a jar

WHAT IF #1

What if your shadow went on vacation without you? Where would it go, and what would its postcard say?

WHAT IF #4

What if the moon sent you a text message tonight? Write the whole conversation.

WHAT IF #6

What if gravity took a 10-minute break every afternoon? How would people spend it?

WHAT IF #9

What if you found a map tucked in a library book, with one spot circled near your street?

STORY STARTERS #11

"The vending machine at the bus station sold only one thing: tomorrow."

STORY STARTERS #13

"On the back of the recipe card, in pencil: Do not add the last ingredient."

STORY STARTERS #16

"My umbrella opened by itself and pointed north."

STORY STARTERS #19

"I paid for my coffee with a coin I had never seen before, and the cashier went pale."

LIST IT #21

List 10 objects for a museum about your life so far, with a label for each.

LIST IT #23

List 5 rules for a club that only you can join.

LIST IT #27

List 12 words you love the sound of, even if you never use them.

LIST IT #29

List 10 questions you would ask a visitor from 100 years in the future.

Creative Prompt Cards: Set 2

12 cards per page · cut on the dashed lines, fold one into your journal or drop them in a jar

SENSES & NOTICING #31

Sit still for 2 minutes. Write every sound you hear, from loudest to quietest.

SENSES & NOTICING #34

Describe the best thing you have ever tasted without naming the food.

SENSES & NOTICING #36

Describe a song you like using only colors and shapes.

SENSES & NOTICING #39

Describe the quiet in your home late at night. Is it ever really silent?

DOODLE & WRITE #42

Doodle a creature that lives in your sock drawer, then write its daily routine.

DOODLE & WRITE #43

Draw today's mood as a plant. How does it like to be watered?

DOODLE & WRITE #46

Turn today's breakfast into a 4-panel comic with speech bubbles.

DOODLE & WRITE #50

Draw a ticket to an event that does not exist yet. Who is on stage?

FUN FORMATS #51

Describe your day as a weather report, with highs, lows and tomorrow's forecast.

FUN FORMATS #52

Write this morning as a recipe: ingredients, steps and cooking time.

FUN FORMATS #55

Write a sports commentary of yourself making a sandwich.

FUN FORMATS #60

Write a text conversation between 2 things in your fridge.

Prompt Jar Label & Blank Cards

tape the label on a jar, write your own prompts on the cards

My Creative

PROMPT JAR

pull 1 card · write for 10 minutes · no rules

started on _____ *cards inside* _____

MY PROMPT #___

MY PROMPT #___

MY PROMPT #___

MY PROMPT #___

MY PROMPT #___

MY PROMPT #___

MY PROMPT #___

MY PROMPT #___

MY PROMPT #___

Roll-a-Prompt

you need 1 six-sided die and a clock

1 Roll for a theme



What If
prompts 1 to 10



Story Starters
prompts 11 to 20



List It
prompts 21 to 30



Senses & Noticing
prompts 31 to 40



Doodle & Write
prompts 41 to 50



Fun Formats
prompts 51 to 60

2 Roll again for a twist



Set a 5-minute timer and stop when it rings.



Use exactly 50 words, no more, no less.



Write it from the point of view of an object in the room.



Add a doodle in every corner of the page.



Use the word “suddenly” at least once.



Write it as a letter to someone you know.

3 Pick the prompt with the clock

Look at the last digit of the minutes: 3:47 → the 7th prompt in your theme. A 0 means the 10th.

My rolls

Date	Theme roll	Twist roll	Prompt #	Done?
				○
				○
				○
				○
				○
				○

Write & Doodle Page

write on the left, draw on the right, or swap

Date _____ Prompt # _____ Timer _____ min

Today's prompt

Write

Doodle

Title for this page _____

Fun level

30-Day Creative Challenge

1 prompt a day · fill in the circle when you finish · skip days are allowed

Start date _____ My reward at day 30 _____

DAY 1 ○ **#1** What If	**DAY 2** ○ **#11** Story Starters	**DAY 3** ○ **#21** List It	**DAY 4** ○ **#31** Senses & Noticing	**DAY 5** ○ **#41** Doodle & Write
DAY 6 ○ **#51** Fun Formats	**DAY 7** ○ **#3** What If	**DAY 8** ○ **#13** Story Starters	**DAY 9** ○ **#23** List It	**DAY 10** ○ **#33** Senses & Noticing
DAY 11 ○ **#43** Doodle & Write	**DAY 12** ○ **#53** Fun Formats	**DAY 13** ○ **#5** What If	**DAY 14** ○ **#15** Story Starters	**DAY 15** ○ **#25** List It
DAY 16 ○ **#35** Senses & Noticing	**DAY 17** ○ **#45** Doodle & Write	**DAY 18** ○ **#55** Fun Formats	**DAY 19** ○ **#7** What If	**DAY 20** ○ **#17** Story Starters
DAY 21 ○ **#27** List It	**DAY 22** ○ **#37** Senses & Noticing	**DAY 23** ○ **#47** Doodle & Write	**DAY 24** ○ **#57** Fun Formats	**DAY 25** ○ **#9** What If
DAY 26 ○ **#19** Story Starters	**DAY 27** ○ **#29** List It	**DAY 28** ○ **#39** Senses & Noticing	**DAY 29** ○ **#49** Doodle & Write	**DAY 30** ○ **#59** Fun Formats

My favorite day was _____ because _____

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