



let's journal!

journal writing prompts
establishing a practice

DECLARATIONS, WALKING, WANDERING,
SHRUGGING, SLEEPING.

THE GALLERY
AT PENN COLLEGE

What can go right?

What do you notice?

What's a knot you want to unravel?

What are you building?

A memory.

What are you releasing?

What's a new story you can tell?

A recent challenge.

What is your best time of day?

What did you have for breakfast?

A color.

Write someone you know a letter.

Write a letter to someone you don't know.

Trees.

Describe your ideal day.

Write about your favorite movie or book.

Your hair.

Focus on an object. Describe it.