



100 Prompts for

Daily Journalling

**Creativity is a critical
component of career success.
Businesses call creativity
“innovation.”**



Laura Barker
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Days 1 to 10

Get Started & Break Through Resistance

1. What's stopping me from writing today?
2. Describe a time I felt most creative.
3. What does writing mean to me?
4. Write about the worst piece of writing advice I've ever heard.
5. If I couldn't fail, what would I write?
6. What would I say to my inner critic?
7. What does "bad writing" really mean to me?
8. Describe your ideal writing space in detail.
9. Write a letter to resistance.
10. What am I afraid will happen if I write freely?



Theodore Roosevelt

"Believe you can and you're halfway there."



Days 11 to 20

Build Creative Confidence

1. When do I feel most in flow?
2. Write a fan letter to your favorite author.
3. Describe a writing win — big or small.
4. What would a fearless writer do today?
5. Finish this sentence 10 times: “I am a writer because...”
6. What kind of stories do I love — and why?
7. Describe your personal writing style (or the one you want).
8. What would your writing look like if you trusted your voice completely?
9. Write about a moment that changed how you see the world.
10. What kind of person do I want to become?



Johann Wolfgang von Goethe

“As soon as you trust yourself, you will know how to live.”



Days 21 to 30

Personal Reflection

1. What am I learning about myself?
2. What does success look like — on my own terms?
3. What emotion am I avoiding writing about?
4. What would I write if no one would ever read it?
5. Write about a memory that shaped who I am.
6. What makes me feel most alive?
7. What would my 8-year-old self want me to write?
8. What brings me joy that I haven't written about yet?
9. What would I say if I could speak freely to the world?
10. What does "creative freedom" mean to me?



Rumi

"Tear off the mask, your face is glorious."



Days 31 to 40

Spark Creativity

1. Describe a world where gravity is optional.
2. What if emotions had colour? What colour is joy? Sadness?
3. Invent a new word — what does it mean?
4. What's behind the locked door in the old house?
5. If animals could talk, what would your pet say to you today?
6. Write a story where the sky is made of something strange.
7. Describe your day from the point of view of your shoes.
8. What's in the box that just arrived at your door?
9. Write about the moment time stood still.
10. If your shadow had a secret, what would it be?



Maya Angelou

"You can't use up creativity. The more you use, the more you have."



Days 41 to 50

Connect with your senses

1. Write a scene that takes place in total darkness.
2. Describe the smell of childhood.
3. What does silence feel like?
4. Describe your favorite food as if it were a person.
5. What sound always makes you stop and listen?
6. Create a setting based only on taste and touch.
7. Invent a perfume and describe its effects.
8. Write a memory using only your senses.
9. Describe a color without naming it.
10. What does the inside of your mind sound like?



Eckhart Tolle

“USE YOUR SENSES FULLY. Be where you are. Look around. Just look, don’t interpret. See the light, shapes, colours, textures.



Days 51 to 60

Character Exploration

1. Describe a character who lies for a living.
2. What is your character hiding?
3. Create a hero with a terrible secret.
4. Write from the perspective of a tree.
5. A character wakes up with no memory — what happens?
6. What makes a villain interesting?
7. Create a character based on an inanimate object.
8. Write a conversation between two people who can't speak.
9. What does your character regret the most?
10. Write a monologue for someone about to take a big risk.



Forrest Gump

"Life is like a box of chocolates, you never know what you're gonna get."



Days 61 to 70

Time Speculation

1. Describe a typical day 100 years from now.
2. What advice would you give your future self?
3. You find a message from the past. What does it say?
4. Time freezes — what do you do?
5. Imagine history took a different turn — what changes?
6. Write a letter to your childhood self.
7. A portal opens — where does it lead?
8. What's one thing you'd bring back from the future?
9. Describe a utopia — and its secret flaw.
10. Your future self visits you. What's their regret?



Leo Tolstoy

"The two most powerful warriors are patience and time"



Days 71 to 80

Story Seeds

1. A character finds an item they lost years ago.
2. A phone rings — but it's not yours.
3. Someone hears a voice no one else can hear.
4. A stranger offers you something strange in return for a memory.
5. Your dreams start coming true — literally.
6. You receive a letter written in your own handwriting.
7. Something strange is happening with your reflection.
8. The sun doesn't rise one day.
9. You're the only one who remembers a forgotten event.
10. A character can hear other people's thoughts — sometimes.



Steve Jobs

"The most powerful person in the world is the storyteller."



Days 81 to 90

Poetry and Play

1. Write a poem made of questions.
2. Describe love without using the word “love.”
3. Write a haiku about today.
4. Turn a fear into a fairy tale.
5. Write a poem where every line begins with “I remember...”
6. Create a lullaby for grown-ups.
7. Invent a children’s story with a hidden adult message.
8. Write a poem about your favorite word.
9. Write a song lyric about rain.
10. Create a nonsense poem — then try to make sense of it.



Honore de Balzac

“Love is the poetry of the senses.”



Days 91 to 100

Reflect. Reignite.

1. What have I learned about myself through writing?
2. What's the most surprising thing I've written so far?
3. What kind of writer am I becoming?
4. What's one thing I still resist writing about?
5. How has journaling shifted my perspective?
6. What's one story inside me that still needs to be told?
7. What writing practice do I want to commit to now?
8. Write a letter of encouragement to your future self.
9. Celebrate how far you've come — what are you proud of?
10. Write freely. No prompt. No filter. Just write.



Bob Marley

"Love the life you live. Live the life you love."





Was This Helpful?

Email me and let me know!
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