

PASSPORT TO PURPOSE eBook SERIES



365 Journal Topics

*Incorporate Serendipity & Inspiration
Into Your Job Search*

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365 Journal Topics

Introduction

Having always struggled to keep a journal, it wasn't until I took an Artist's Way Workshop, that I was able to enjoy keeping one. The key to success was having questions and topics to reflect on. I wondered why someone hadn't developed a list of possible journaling questions for those moments when our creative minds go blank. Because keeping a journal has been such a powerful tool for me, I decided to compile such a list, with a topic for every day of a year.

Keeping a journal can be a compelling tool for solving problems, tapping into your inner self, expressing emotion, gaining clarity and developing creativity.

How To Use This Booklet

While the list is numbered, you could start with the first topic and follow it sequentially for a year. But, the booklet wasn't written with that in mind. I suggest you use it as a resource for when you get stuck. At that point you might look through the topics and select one of interest to you. Or you may try closing your eyes and randomly point to a topic.

The Topics

1. Beauty is...
2. Childhood is...
3. Choose an experience you have every day and write about it for a week. It could be as simple as brushing your teeth, driving to work or playing with the kids.
4. Close your eyes, imagining a door. Open it and describe what is on the other side.
5. Create a written portrait of a person who has been important to you.
6. Death is...
7. Describe a day at work.
8. Describe a family tradition and your relationship to it.
9. Describe five accomplishments you had as a child.
10. Describe five traits you liked about yourself as a child.
11. Describe yourself at your best, listing at least 10 descriptors?
12. Dream up three inventions and write a description about each of them
13. Emotions are...
14. Fame is...
15. Free writing: set a timer for 15 minutes and start free flowing without thinking about what your writing, spelling or grammar.
16. Freedom is...
17. Friends are...
18. God is...
19. Happiness is...
20. Heaven is...
21. Hell is...
22. How could you make the world a better place for yourself and others?

23. How do you express creativity in your life, activities, and relationships?
24. How do you nurture yourself?
25. How do you sabotage yourself?
26. How do you see yourself?
27. How would you like the world to be?
28. How would you like to see yourself?
29. I feel guilty when I...
30. I get sad when ...
31. I hate ...
32. I hate people who...
33. I waste time by...
34. I wish...
35. If you had five other lives to lead, what would you do in each of them?
36. Imagine a typical day five years from now and describe it?
37. Imagine talking to the person sitting next to you on a plane and create a fantasy life to tell them about.
38. Imagine yourself as being eighty years old and write letter to yourself now.
39. In what aspects of your life are you completely self-reliant?
40. Is your work smaller than your soul? What do you need to do to make it bigger?
41. Journal while listening to different types of music.
42. List five self-sabotaging behaviors and how each one affects your life.
43. List five things you want in your life.
44. List five things you're good at?
45. List ten changes you would like to make for yourself.
46. Love is...
47. Men are...
48. My high school sweetheart is...
49. My unspoken dreams are...
50. Name the people who have had the biggest influence on your life?
51. Name the people, places, things and activities in your life that are associated with good feelings?
52. Old age is...
53. One thing I can't stand is...
54. Open up the dictionary, randomly select 12 words and weave them into a story.
55. Parents are...
56. Play is...
57. Pretend you are a space traveler. Write about what you experience.
58. Pretend you are an eagle. Write about what you experience.
59. Pretend you are from another period in time. Write about what you experience.
60. Pretend you are invisible. Write about what you experience.
61. Pretend you are the opposite sex. Write about what you experience.
62. Pretend you are very, very big. Write about what you experience.
63. Pretend you are very, very small. Write about what you experience.

64. Rewrite a favorite fairy tale from a different perspective. Suggestion might include making another character the narrator or place it in modern times.
65. Security is...
66. Select a modern product and write a myth about how it came into being.
67. Select a newspaper article and write about all of the things not included in the story (the story within story).
68. Select a photograph and write about it.
69. Select a recent current event you care about and write a story about it.
70. Select a sentence out of a book and use it as the starting place to write about.
71. Sit looking out a window for fifteen minutes taking it in through all of your senses and then write about what you've experienced.
72. Think about a time when you were absolutely at your best. Where were you? What were you doing? Who were you with? How did you feel?
73. Think about something you've lost and write about it.
74. Think of an important person to you and write a description from that person's voice.
75. Think of an important world event and describe where you were when...
76. Think of something interesting to you and write a metaphor describing it as imaginatively as possible.
77. Under what circumstances does your courage wane?
78. Under what conditions do you feel the greatest serenity and happiness?
79. Wealth is...
80. What "should" you be doing right now?
81. What are the aspects of your life you want to change right now?
82. What are the essentials you need for your well-being?
83. What are the similarities and differences between your inner and outer self.
84. What are the things that drain you?
85. What are the things that energize you?
86. What are the things you're putting up with in your life?
87. What are the underlying values in your commitments?
88. What are thoughts about money?
89. What are you doing when you are feeling "in the flow" of life?
90. What are you feeling in the pit of your stomach?
91. What are you most afraid of?
92. What are you strongly committed to?
93. What are you struggling with? Is it within you or without?
94. What are your natural abilities?
95. What are your own questions?
96. What are your ten greatest successes to date?
97. What are your thoughts about time?
98. What are your thoughts and feelings concerning fame?
99. What buried treasure lies hidden within your potentiality?
100. What comes easily to you?
101. What consumes your life?
102. What current belief is holding you back?

103. What current lesson are you dealing with?
104. What did you love when you were a child?
105. What did you want to be when you grew up?
106. What do you believe about yourself? Where did this belief come from?
107. What do you complain about?
108. What do you dislike about yourself?
109. What do you fantasize about doing while driving your car or taking a shower?
110. What do you feel passionate about?
111. What do you learn at work?
112. What do you like to do if others are not making demands on your time?
113. What do you love about your life right now?
114. What do you love about yourself?
115. What do you really WANT in your life right now?
116. What do you want to accomplish before you die?
117. What do you want to be different in your life? How will you know that you've achieved it?
118. What does success look like to you?
119. What does the word creative mean to you?
120. What does your work interfere with?
121. What don't you like about yourself and your life right now?
122. What drives you?
123. What enhances your life?
124. What feeds you so you feel a sense of fullness?
125. What gives you satisfaction?
126. What have been the key events and experience in your life?
127. What have others complimented you about?
128. What have you improved, changed, developed, created or built?
129. What have you labeled yourself?
130. What is a goal you've given up or put off?
131. What is frustrating in your life?
132. What is important to you?
133. What is it you could not risk losing without losing your sense of self?
134. What is really important to you now?
135. What is the single principle guiding your life?
136. What is the story about your birth?
137. What is the theme of your personal growth at this particular time?
138. What is your favorite thing at the present time in your life?
139. What is your genius?
140. What makes you feel safe?
141. What one thing do you dream about doing you've never told anyone?
142. What one thing will make a difference in your life?
143. What opportunities for action are you most attracted to?
144. What privileges of life do you most desire?

145. What qualities do you admire in others?
146. What standards have you lived your life around?
147. What stands in the way between you and your passion?
148. What were the critical, put-down messages you received as a child and teenager?
149. What were your childhood labels and have you outgrown them?
150. What would have to be different for you to feel good about _____?
151. What would help you the most right now?
152. What would you be willing to give up making you life easier?
153. What would you change about you or your life to make it a GREAT life?
154. What would you do if money were not a concern in your life?
155. What would you do if you knew you could not fail?
156. What would you like to learn how to do?
157. What would you regret not having done if your life was ending now?
158. What would your ideal day be like?
159. What would your ideal environment be like?
160. What would your ideal home be like?
161. What would your ideal job be like?
162. What would your ideal spouse be?
163. What would your ideal vacation be?
164. What's stopping you from moving forward with exploring your passion?
165. When have you felt autonomous?
166. When have you felt independent?
167. When you were young, what did you think you would do when you grew up?
168. Where are you at in your life right now?
169. Where do you see yourself in one, two and five years? "
170. What do you say to give encouragement to yourself and others?
171. What are your three key values?
172. What is your inner voice saying?
173. What choices have been successful & unsuccessful? Why?
174. How have past failures or disasters turned into something positive?
175. What would it take for you to feel successful? What do you need to let go of?
176. What do you perceive as success?
177. When is the time in your life you see yourself being most successful & happy?
178. What choices have you made that get you what you want?
179. What choices have stopped you?
180. What is the outcome you want?
181. What is your main or highest priority?
182. What's one step you can take to work towards your goal?
183. How does your vision differ from your present reality?
184. What does success look like to you?
185. What are your 3 best personal success stories?
186. Who is in your support system?
187. If you know the WHAT, what's the HOW?

188. What would you like your legacy to be?
189. What are some advantages of achieving your goal?
190. Who are your heroes?
191. What would be most important for you to achieve in life before you die?
192. What characteristics do you like in others?
193. If you could do anything without constraints of time and money, what would you do?
194. If you knew you could not fail, what would you do?
195. Where do you see yourself 5 years from now?
196. What new idea do you find tantalizing/interesting you'd like to explore?
197. What is the most attractive characteristic, condition, etc. in your job?
198. What keeps you balanced/focused?
199. Who knows you?
200. If you had a magic wand and could change anything about yourself, your life, or your direction in life, what would you change?
201. Write about a time you felt passionate about a project.
202. Think of a time in the past where you felt really successful. How can you make that happen again?
203. What are your greatest strengths/skills?
204. If you knew you only had 5 years to live, what would you do with those years?
205. What would you like your epitaph say?
206. If you heard someone telling someone else about your strengths/capabilities, what would you want them to be?
207. If you had a fire in your house, what would you take out?
208. What will you remember about your present life twenty years from now?
209. What motivates you to take action?
210. What habits & attitudes do you have to develop to accomplish your goals?
211. If you make a significant change, how will significant others react?
212. What have been your wake-up calls?
213. What do you most like to create?
214. What are you willing to get rid of to pursue your dream?
215. How do you procrastinate?
216. Make a list of all the important people in your life indicating how they support you and how they sabotage you.
217. What is God's will for you?
218. What is the highest achievement you would like to reach in your life concerning your health?
219. What is the highest achievement you would like to reach in your life concerning your finances?
220. What is the highest achievement you would like to reach in your life concerning your relationships?
221. What is the highest achievement you would like to reach in your life concerning your career?
222. What is the highest achievement you would like to reach in your life concerning your education/knowledge?
223. What is the highest achievement you would like to reach in your life concerning your

- spirituality?
224. What is the highest achievement you would like to reach in your life concerning your creativity?
 225. What five things you will do this week to nurture yourself?
 226. Decide on five things you will do this week to nurture your dreams?
 227. Plan a fantasy celebration.
 228. What small victories have you had recently?
 229. What are you grateful for today?
 230. What promise can you make to yourself and keep?
 231. What are your most destructive behaviors?
 232. Make of list of the simple pleasures that bring you joy?
 233. How has sex had a negative/positive affect on your life?
 234. How has money had a positive/negative affect on your life?
 235. How have your parents had a positive/negative affect on you life?
 236. How has your childhood had a positive/negative affect on your life?
 237. How have addictions (drugs, alcohol, shopping, eating, working, etc) had a positive/negative affect on your life?
 238. How have not living your dreams had a positive/negative affect on your life?
 239. How does the need to be perfect get your way?
 240. What is the most challenging aspect of your relationships?
 241. What would you like to improve about your relationships?
 242. When I'm angry with someone I usually ...
 243. When someone gets angry with me, I usually ...
 244. When I say "no" to someone, I feel ...
 245. What, if it were invented tomorrow, would change your life?
 246. How can you think differently about a problem/challenge in your life?
 247. What's something you don't know?
 248. What gift would you seek from your "muse" to enhance your own creative powers?
 249. Who can help you with this?
 250. What person, alive or dead, would you like to have as your partner?
 251. What is the worst possible thing that could happen right now?
 252. What one thing would you like to change about your childhood?
 253. What one thing would you like to change about your physical characteristics?
 254. Where would you live if you could live anywhere in the world?
 255. What extraordinary talent in the arts would you possess if you were given the opportunity?
 256. What year would you relive if you could return with what you know now?
 257. All of the people you have known in your lifetime, you would you have liked to seduce, but didn't?
 258. What would you consider to be the worst job in the world?
 259. What dream that you had when you were asleep, would you like to experience in reality?
 260. What gift would you like to give to your parents?
 261. How would you describe your idea of a perfect mate?
 262. You have the chance to make one purchase that you previously passed up-what would it

- be?
263. What one life lesson would you like to teach your children?
 264. What would be your first act after you have been elected President of the United States?
 265. What manmade object would best represent your personality?
 266. What country would you choose to be a citizen of if you had to change and why?
 267. What lie would you like to retract from your past?
 268. What would you do with the money you won from a lottery?
 269. Choosing a different profession from your current one, what would you like to be successful at?
 270. What place and year would you go, if you could live during any time in the past?
 271. Who would you like to receive a letter from in your past and what would you want it to say?
 272. A major newspaper story has been written about you-what you like it to say about you?
 273. Select four people from history you would like to invite to a dinner party and describe the evening?
 274. What is the single most regrettable event in your country's history?
 275. What fictional character's life would you choose to live and why?
 276. When and how would you like to die?
 277. Create a secret hideaway known only to you and a special someone?
 278. Selecting anything from history, what would you have liked to invent?
 279. What personality trait would you like to adopt from someone you know?
 280. What would you do with the time left if you had one year to live?
 281. What governmental position would you like to hold and what would you do?
 282. What would you do to make life easier for your gender?
 283. How would you change the ending of favorite work of fiction?
 284. Who would you call for advice right now, if you could call anyone in the world?
 285. What kind of criminal would you be, if you decided to change to a life of crime?
 286. What would you select as the most important development of the twentieth century and why was it important?
 287. What environmental concern would you correct if you could?
 288. What habit would you like to eliminate?
 289. Where would you like to have your ashes scattered if you elect to be cremated?
 290. What one thing would you like to do to make your children's life easier?
 291. Which has determined the course of your life more, chance or necessity?
 292. Who are the people you turn to in time of need when you want understanding, encouragement, support, and assistance of any kind?
 293. Who do you know that's doing something you'd like to do?
 294. Who do you think you are?
 295. Who have been your models, gurus, guides and heroic figures?
 296. Who is the most important person in your life right now and how do you feel about them?
 297. Who is the person with whom you've had the most satisfying relationship?
 298. Women are...
 299. Work is...

300. Write a dialogue between you and a famous person.
301. Write a letter from a place you've never been before.
302. Write a letter to a favorite teacher.
303. Write a letter to a former lover.
304. Write a letter to a hero
305. Write a letter to a personal critic.
306. Write a letter to an enemy.
307. Write a letter to an important relative.
308. Write a letter to God
309. Write a letter to someone you're angry with
310. Write a letter to the author of a favorite book.
311. Write a letter to the director of your favorite movie
312. Write a letter to the editor of your newspaper
313. Write a letter to the president.
314. Write a letter to your boss (do not mail).
315. Write a letter to your childhood friend
316. Write a letter to your favorite actor.
317. Write a letter to your inner artist.
318. Write a letter to your parents
319. Write a letter to yourself as a child
320. Write a letter to yourself as an old person
321. Write a new version to a familiar story such as Columbus discovering the new world and write a new slant to it.
322. Write a poem entitled: "I wish . . ."
323. Write about a favorite memory, changing the events as you desire.
324. Write about a story you've told many times before.
325. Write about an ethical issue that's important to you. Then write about the issue from another point of view.
326. Write about anger
327. Write about anxiety.
328. Write about awe.
329. Write about boredom
330. Write about condescension.
331. Write about deceit.
332. Write about desire.
333. Write about fear.
334. Write about happiness.
335. Write about impatience.
336. Write about love
337. Write about nostalgia.
338. Write about shyness.
339. Write about weariness.
340. Write about when you felt the most alive.

341. Write about your dreams. When you first wake up in the morning, spend a few minutes thinking about what you dreamt about."
342. Write a name or phrase down the length of paper, one letter per line. Using the letter, write a line for each letter.
343. Write about your thoughts concerning death.
344. You are a building. Don't just try to describe it, but really feel what you are from the inside out.
345. You are a color. Don't just try to describe it, but really feel what you are from the inside out.
346. You are a plant. Don't just try to describe it, but really feel what you are from the inside out.
347. You are a rock. Don't just try to describe it, but really feel what you are from the inside out.
348. You are an actor. Don't just try to describe it, but really feel what you are from the inside out.
349. You are an animal. Don't just try to describe it, but really feel what you are from the inside out.
350. You are the president. Don't just try to describe it, but really feel what you are from the inside out.
351. You are water. Don't just try to describe it, but really feel what you are from the inside out.
352. You find a magic lantern with a genii who wants to grant you three wishes.
353. What would be a first realistic step toward reaching your goal?
354. What would provide you with the most enduring sense of meaning in the rest of your life?
355. What keeps you from acting on your vision?
356. If you had a short time to live, what changes would you make today?
357. How would you like contribute to the greater good?
358. What could you do with your life that is "really" important?
359. What do you want to change?
360. If things were worked out the way you'd like them to, how would that look to you?
361. How do you envision your life in 5-10 years?
362. Where are you in relation to where you want to be?
363. What is the most potentially fulfilling goal you want to pursue?
364. If there were no limits, what might you do?
365. What do you want to practice being?

About the Cathy Severson, MS

For the past fifteen years, Cathy Severson has helped people fulfill their career dreams. With a master's degree in Career Counseling from California State University, Northridge, she has worked with students and adults at Pierce College, CSUN, Ventura County Government, Conejo Valley Adult School, Carson One Stop, and the nationally recognized outplacement firm Drake, Beam, Morin, Inc. With her guidance, hundreds of individuals have discovered their career goals and moved toward a more rewarding life.

Please contact her at www.passporttopurpose.com, for more information about her speaking engagements, workshops, and individual appointment availability.