HOW TO WRITE A JOURNAL ENTRY
WHEN YOU HAVE "NOTHING" TO WRITE ABOUT

Step 1: Start With the Setting
Write: "I am sitting in/on/at…" (Describe where you are. What does it look like/sound like/ smell like?)

→ Does this setting remind you of something? Did something you wrote jog a memory or bring a new thought to mind? Go with it! (Otherwise, move on to Step 2.)
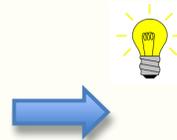
Step 2: Dress Yourself
Write: "I am wearing…" (Describe each item of clothing. How old is it? Where did you get it?)

→ Is there a story behind something you're wearing? Do your clothes remind you of an event or memory? Write about it! (Otherwise, move on to Step 3.)

Step 3: Back Up
Write: "A little while ago, I…" (What did you do just before writing in your journal? Describe it or make a list.)

→ Dig deeper. Why did you do these things? Was this normal for you or out of the ordinary? What did you think/feel about it? (Otherwise, move on to Step 4.)

Step 4: Move Forward
Write: "Later/Tomorrow, I plan to…" (What will you do next? What are your goals for the next few days?)

→ OPTIONS:
Before you close your entry, reread what you've written and see if there's a place where you can elaborate or clarify.
OR… ask yourself a question to be answered next time you write.
OR… draw an illustration.
(If none of these appeal to you, move on to Step 5.)

Step 5: Sign Off
Write: "Sincerely/Your Friend/With Love/Smell ya later/Catch you on the flip side, (your name, initials, etc)

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Regardless of which path you choose, you will end up with a journal entry you'll enjoy reading in future years. This process can be completed daily. To vary the content, just choose a new place to write and change your clothes! ☺

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