



Getting Creative

Sometimes we just need one wild idea to get us flowing in our journal pages. Skim through these prompts and see if anything gets you excited about journaling. Then follow where the inspiration leads. You just might find your next great idea on the other side of this!

& let me know if it works! And if you need any specific help (supplies, pens, journal brands, etc) shoot me a question. Let's talk about it!

Mandy



mandythompson.com

Try these prompts!

- Collect three items nearby and arrange them together, then make a continuous line drawing of the items. Tip: focus on the outline of the items, and don't pick up your pen. (Bonus: Paint or color the drawing afterwards.)
- Choose a quote from your favorite author and write about why it's significant to you. (Bonus: Use expressive cursive or fancy lettering for the quote.)
- Combine drawing and writing in one journal entry. Choose something to draw, then add notes on your thoughts or observations in the space around the drawing.
- Use collage or abstract drawing to capture a prominent emotion in your life right now. (Bonus: Also write a few lines about why this emotion is present.)
- Add two or three colors to your journal entries, going back a few pages, highlighting important words or phrases. (Bonus: continue to use these colors for a few weeks.)
- Write out any questions you've been carrying or make a list of things that have piqued your curiosity lately. (Bonus: dig in to one or two this week, and keep journaling about it!)
- Collect images and memes that speak to you. When you don't know what to put in your journal, print and paste them in!

For more Inspiration!

Analogue: A Field Guide for the Soul

Analogue is Mandy's bi-monthly publication that brings together self-care and soul-care through journaling. If you are:

- looking for ways to live both plugged in and pulled back from the digital age
 - craving moments that connect with your soul, while staying engaged in the practical
- ...then Analogue is for you!

Learn more: mandythompson.com/analogue

SoulSpace Newsletter

For those who:

- want to find a soul-care routine that works with your personality
- need a way to process (and capture) your own spiritual journey

Get into: mandythompson.com/soulspace

Stay in touch with Mandy here!

IG: [@mandythompson](https://www.instagram.com/mandythompson)

FB: [mandythompsonart](https://www.facebook.com/mandythompsonart)

Email: mandy@mandythompson.com



Let's stay
in touch!

~Mandy