

# JOURNAL and LETTER writing ideas



# JOURNAL writing ideas

Read through the list of journal writing ideas and choose something that inspires you. Or, you can also write down whatever thoughts flow through you. Don't worry about spelling or how something sounds.

Just write for you.



Today I feel...



If I could change anything right now, it would be...



A time I felt peaceful and happy was when...

Something that I want people to know about me is...



Here are some solutions to problem I am having:



I've been thinking about...



Something that recently happened in my life was...



A dream and hope of mine is...

# LETTER writing ideas

Read through the list of letter writing ideas and choose something that inspires you. You may decide to give the letter to someone. Or maybe not. Just write and notice how you feel, and whether or not it helps.

## YOU CAN WRITE A LETTER...



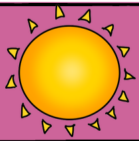
...to someone that you miss, and express what you miss about them.



...thanking someone, and telling them what you appreciate about them.



...to yourself, expressing support, encouragement, and positive self-talk.



...expressing what you want, need and hope for.



...to a family member or friend, and share with them what is going on in your life.



...to someone you might have hurt and apologize to them.

 ...and express how you are feeling and what you are thinking.



...that describes some of your favorite memories.