

# JOURNAL YOUR WAY!



SAMPLE SIX DIFFERENT JOURNALING IDEAS  
AND DISCOVER NEW WAYS TO EXPRESS YOURSELF!



# JOURNAL YOUR WAY!

## PAGE 3: MY DAY IN DRAWINGS

Grab a sheet of paper and doodle how you feel—sometimes you don't need words to journal. You simply need to illustrate your feelings.

## PAGE 6: DAILY SCRIPTURE REMINDER

Add a Bible verse to each flap in the internal square, numbers to the middle flaps and images to the outer flaps.

## PAGE 7: THRU THE WORD

Cut out the book pages and assemble. Choose a verse, and write it at the top of your page. Now write about the ways in which you can relate.

## PAGE 11: ROLL THE PROMPT

Create 12 writing prompts, and add them to each side of the dodecahedron. Then roll to give yourself journaling inspiration.

## PAGE 12: COLOR YOUR DAY

Choose a color that represents the dominant feeling from your day. Jot a short note about why you felt the way you felt, and then call it done.

## PAGE 13: JOURNAL PAGE

Set a timer for five minutes, and let your pen flow. Don't stop to correct or think, just let your hand move on the page and see what comes out.



T H U R S D A Y

W E D N E S D A Y

T U E S D A Y

M O N D A Y

F R I D A Y

S A T U R D A Y

S U N D A Y

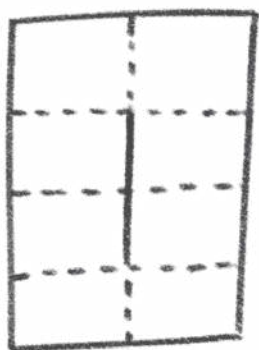


# MY DAYS IN DRAWINGS

WEEK OF \_\_\_\_\_



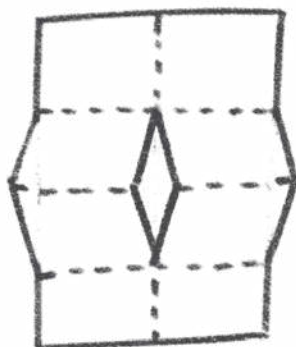
# DIRECTIONS



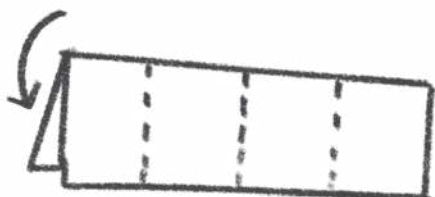
1. Cut out along solid outer lines.



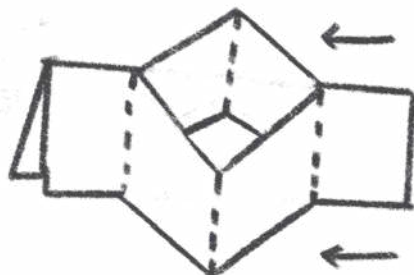
2. Fold in half on the dashed lines widthwise. Cut on the solid center line.



3. Unfold all.



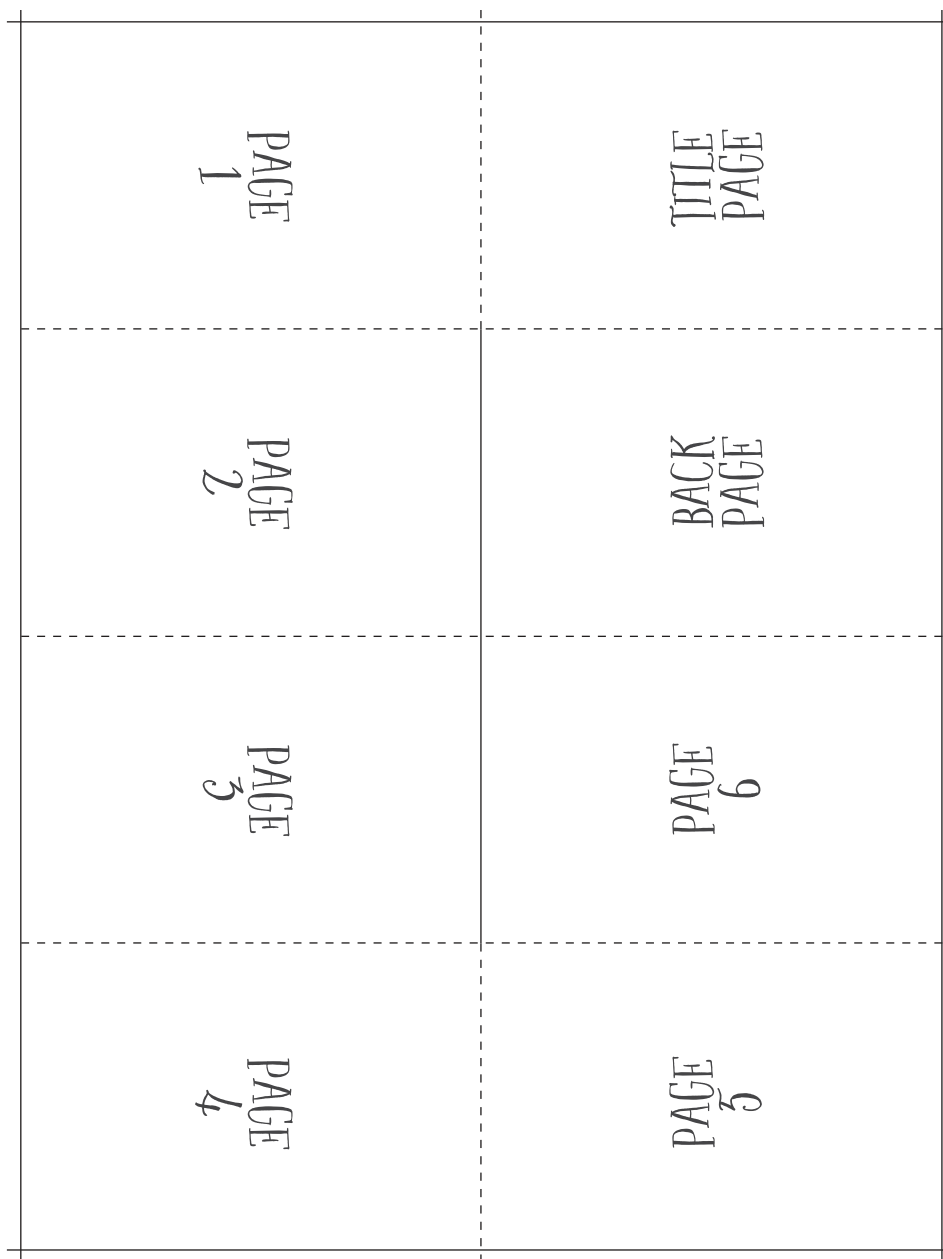
4. Fold in half lengthwise, print-side facing outward.



5. Push end pages toward each other so the center pages form a diamond and then become pages.



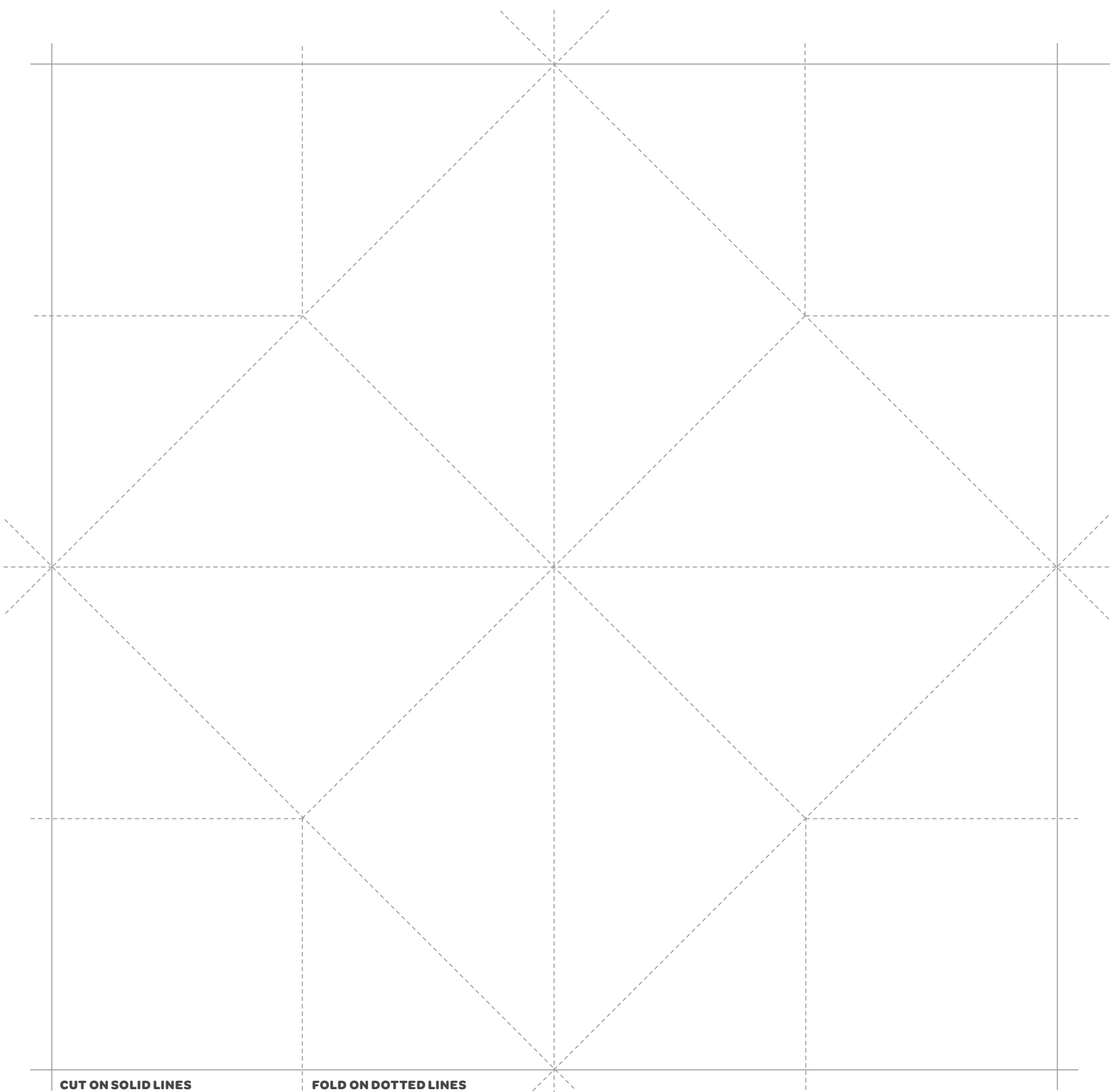
6. Fold front and back covers around the other pages to create the booklet.



CUT ON SOLID LINES

FOLD ON DOTTED LINES

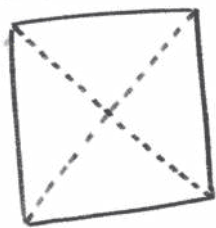
## BOOK LAYOUT



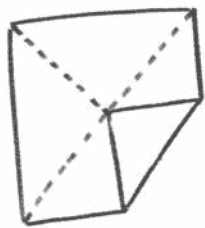
CUT ON SOLID LINES

FOLD ON DOTTED LINES

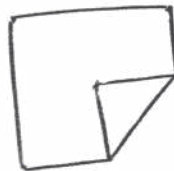
# DAILY SCRIPTURE REMINDER



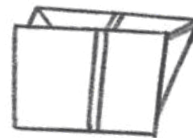
1. Cut out square, and place printed side facing down.



2. Fold each corner to meet at the center point.



3. Turn over. Fold each corner to meet at the center point.



4. Fold in half, and place fingers into the four pockets. Pull outward.



NOTES

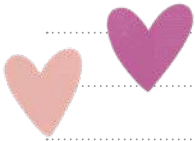


THRU  
THE  
WORD



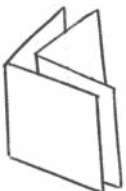
NOTES

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CUT ON SOLID LINES

FOLD ON DOTTED LINES



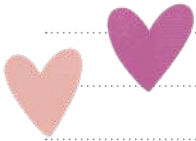
1. Cut out along the solid lines.
2. Fold in half.
3. Staple in the center.

NOTES

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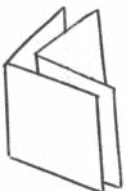
NOTES

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CUT ON SOLID LINES

FOLD ON DOTTED LINES

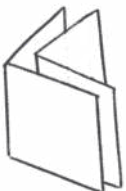


1. Cut out along the solid lines.
2. Fold in half.
3. Staple in the center.



**CUT ON SOLID LINES**

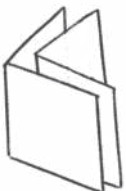
**FOLD ON DOTTED LINES**



1. Cut out along the solid lines.
2. Fold in half.
3. Staple in the center.

**CUT ON SOLID LINES**

**FOLD ON DOTTED LINES**



1. Cut out along the solid lines.
2. Fold in half.
3. Staple in the center.



# ROLL THE PROMPT

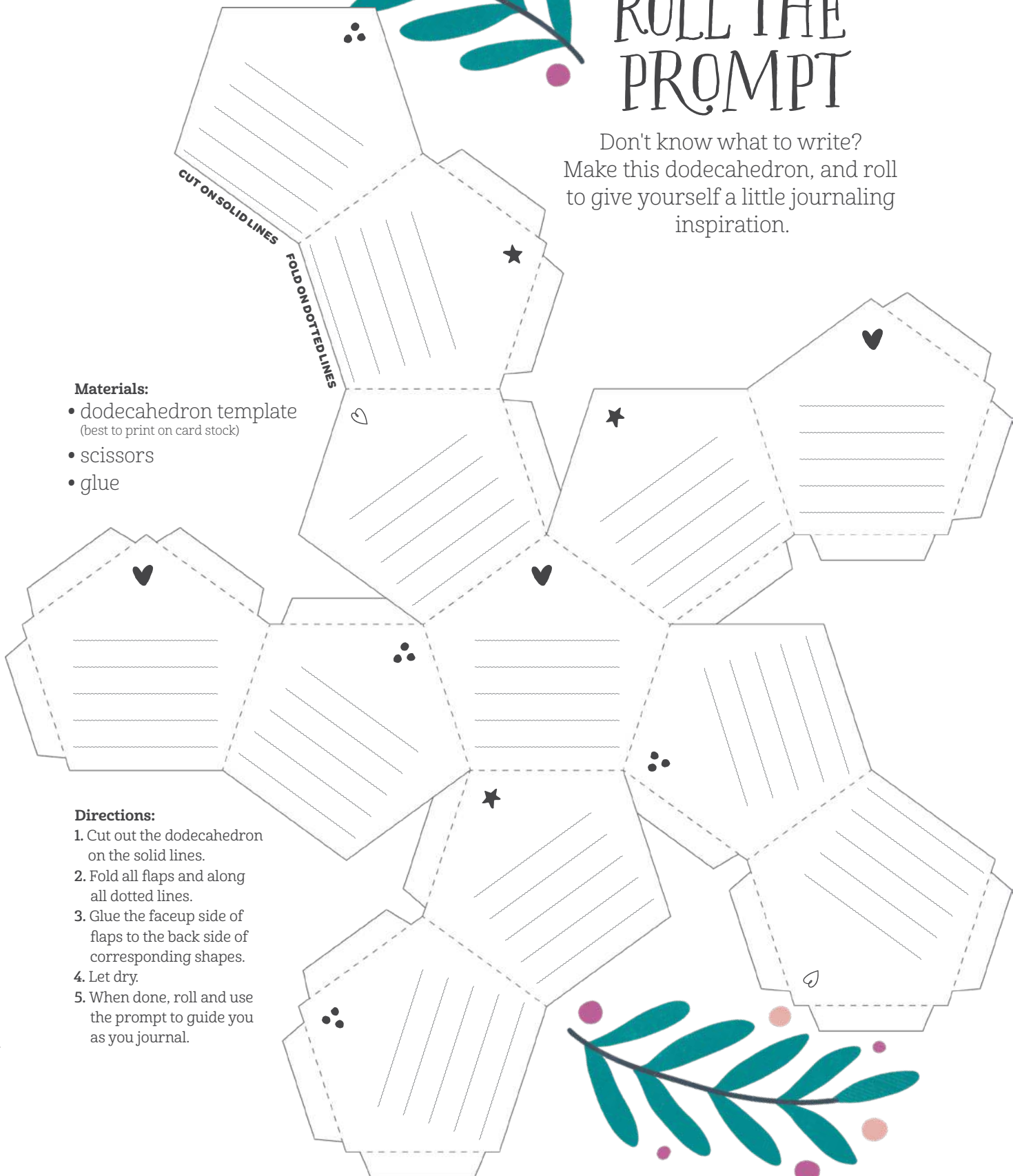
Don't know what to write?  
Make this dodecahedron, and roll to give yourself a little journaling inspiration.

## Materials:

- dodecahedron template (best to print on card stock)
- scissors
- glue

## Directions:

1. Cut out the dodecahedron on the solid lines.
2. Fold all flaps and along all dotted lines.
3. Glue the faceup side of flaps to the back side of corresponding shapes.
4. Let dry.
5. When done, roll and use the prompt to guide you as you journal.



# COLOR YOUR DAY

Choose a color that represents the dominant feeling from your day. Jot a short note about why you felt the way you felt, and then call it done.

M O N D A Y  
-----

T U E S D A Y  
-----

W E D N E S D A Y  
-----

T H U R S D A Y  
-----

F R I D A Y  
-----

S A T U R D A Y  
-----

S U N D A Y  
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