JOURNAL YOUR WAY!

SAMPLE SIX DIFFERENT JOURNALING IDEAS AND DISCOVER NEW WAYS TO EXPRESS YOURSELF!
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.
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.
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.
1. Cut out along the solid lines.
2. Fold in half.
3. Staple in the center.
1. Cut out along the solid lines.
2. Fold in half.
3. Staple in the center.
1. Cut out along the solid lines.
2. Fold in half.
3. Staple in the center.
1. Cut out along the solid lines.
2. Fold in half.
3. Staple in the center.
CUT ON SOLID LINES
FOLD ON DOTTED LINES

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.

Materials:
• dodecahedron template (best to print on card stock)
• scissors
• glue

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