



MORNING PAGES

- TIPS FOR JOURNALING -



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01 | TIPS

- You will most likely just brain dump the first 5-10 minutes (maybe longer), but at some point you might not know what to write, so here are some prompts to help you get into the flow of writing again. Some of these questions and prompts might even spark you to write about another thing on your mind.
- Read through the questions below and whichever sounds most fun and easy, do that one!
- These are here to help you start when you feel stuck.
- Don't worry if in the middle of you answering a question something else pops up, just write it down and get it all out.
- Set a timer for 30-40 minutes because depending on your notebook size and how big/small your handwriting is, 3 full pages (what Julia Cameron suggests in the book) can be too long or short. So I like to write for at least 30 minutes each morning.

02 | Brain Dump Tips

- Write out a list of whatever is on your mind (5 minutes)
- Dig deeper: what else is coming up, your to do list, appointments - get it all out (5+ minutes)

03 | Bonus Tips



- Morning pages not working for you flow? Are you getting interrupted too often? Try your pages at different times of the day and see what works best for you and your writing
- Need more journaling prompts? Pinterest is a great place to find inspiration:
 - <https://www.pinterest.com/jaclynmarie/journaling-prompts/>

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- PROMPTS TO HELP YOUR WRITING -

HERE ARE JUST A FEW JOURNALING QUESTIONS/PROMPTS TO HELP YOU AS YOU START YOUR MORNING PAGES. OVER TIME YOU WILL BE ABLE TO WRITE MORE FREELY. THIS IS JUST A GOOD PLACE TO START WHEN YOU'RE FEELING STUCK.



04 | Questions to ask yourself

- What are three things that make you feel proud?
- What are 5 things that make you happiest/joyful?
- What does happiness mean to you?
- How do you want to feel on a daily basis? How can you make that happen?
- If you're in a bad mood, do you want to be alone or with others?
- What does your dream day look like?
- How can I incorporate more from your dream day into your life right now?
- How do you like to relax?
- What is your favorite book/movie/song? Why?
- Pretend money is no object, what would you do?
- Jump forward a year, what would you like to have achieved in the past year?
- What values do you respect most in someone else?
- What do you enjoy about your job?
- What are 3 goals I have for the month?
- What steps can I take to achieve those goals?

05 | Prompts



- Write what you see in front of you
- Pick a work (like color blue) and come up with as many adjectives to describe that color
- 3 goals you are working toward
- Name 5 things you do well
- 3 things you are letting go of
- Happiest moment in your life
- People who have had a positive impact on your life
- Regrets and what you'd do differently
- Define your fear
- Something good that happened yesterday
- 3 things that make you smile

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