



JOURNAL: 365+ Writing prompts, ideas and quotes to cultivate joy and well-being

Judy Shafarman

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Journal: 365+ Writing prompts

This book along with beautiful blank books, simple spiral notebooks or even legal pads can bring you a year or a lifetime of reflection and self-discovery.

Journal: 365+ Writing prompts, ideas and quotes to cultivate joy and well-being offers some 400 prompts and thoughtful or whimsical quotations - one idea and quote for each day of the year plus many extras. The book also contains two **BONUS** appendices of folk wisdom for writers, and writers on writing. A detailed introduction explains the benefits and value of journaling along with suggestions for daily writing practices.

Many of the ideas in this book would be welcome as dinner table discussion material along with family sharing of gratitude, brags, desires and even vulnerabilities (just like in a journal). If you want, choose to de-privatize the practice and find a trusted journal-reading partner or non-judgmental small, intimate group with whom to share your writing. This becomes your soul mastery group which meets in person or on Skype 2-4 times a month --sure to be empowering and insightful.

Journal: 365+ is part of the Amazon.com matchbook program. *If you buy the paperback first, you can get the kindle digital book for free.* Give the book as a gift; share the love and joy.

Set down your memories, experiences, disappointments, angers, gratitude, goals and achievements

If you absolutely must, you can even get digital and password-protected, but then you'll miss the fun of doodling, adding arrows and mind maps along with the romantic pen and paper connection.

Go ahead, crack open that notebook and pick up that beloved pen you got as a present. Choose your favorite location and preferred time. **WRITE** one day at a time until you've found a new loving introspective behavior.

ABOUT THE AUTHOR

Judy Shafarman has been an educator and workshop facilitator for many years. She has a B.A. in English and M.A. in education and has taught topics in English, cultivating well-being and journal writing to people of all ages from 6 continents in a number of different countries.

Judy has also designed and compiled two other books for journal writers, **My book of Appreciation** and **My book of grief and loss** which is also titled **My journal of grief and loss**

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