



52 Weeks JOURNAL & PLANNING PROMPTS

#52WeeksofSparkle



1. Describe your Dream Life - your 'Level 10 Life' - how does it look, what are you doing and who are you with?
2. Design your dream creative space, what things do you have in there, how does it look, what's the color scheme?
3. What animal do you feel most connected to, for some, this can be described as their spirit animal, totem or can be your Chinese zodiac animal or an animal you have a connection with. What do you admire most about this animal - try drawing the animal (it doesn't have to be a good drawing!!)?
4. My best day - what has been the best day in your life so far? Why was it special to you - include a photo if you have one
5. My Perfect Day - what would a perfect day look like - where would you go and who with, what would you like to do?
6. What is your favourite food and what is something you hate? Are there any special memories associated with these foods?
7. Name a Place you would love to visit - why do you want to go there?
8. You are going on holidays and can only take 5 art supplies, what do you take and why?
9. Show your face - take a selfie (yes today, not one from 5 years ago!) and talk about what you love/hate about your own face?
10. List 5 things you would like to learn this year, can be new stuff or learning more about things you already know. How can you plan to actually do this?
11. The road less traveled - think of a decision you've made that changed the course of your life - what might be different had you made a different decision?
12. List 3 rules you want to live by
13. Beach, Forest, Desert, River, City, Small Town - where do you feel most at home or most energised? Create a quick sketch to go with your content
14. Elevator Pitch - describe what you do in under 200 words! Or describe what you want to be doing
15. What colors make your soul sing - list or paint them and then write down the attributes of the colors - do they have anything in common
16. What's your secret fear? Do you hate spiders, heights, clowns (oh wait that's me!) - try to draw your fear - or you crushing your fears
17. What is your favourite hobby, why do you like it - what do you get out of this? Are there ways you could add these elements into your current job - how?
18. What is the theme song to your life? Is this ok or would you like to change it, what would you like it to be?
19. What (or who) are you most grateful for and why? List your top 5 or 10 things
20. What do you like most about your body, your eyes, hair, the way you move - what do you like best?

21. What behaviour are you most ashamed of, what trait would you like to correct in yourself?
22. What's your style, are you a planner, a researcher, a doer or a talker? What does this look like - what's your plan of attack in a new situation?
23. What's your go-to comfort food/s and why do you love it? Is this your favourite food or do you only eat it when you're feeling down?
24. You have the whole day to yourself to relax and money is no issue, what would you do? How do you de-stress?
25. Favourite Quote - write it down and make it fancy
26. List 5 things you would like to do more of this year - things that will increase your happiness
27. What has life taught you that you are most grateful to have learned - the lesson may have been positive or negative - how have you used this to learn and grow?
28. List your favourite books - Top 5 of all time. What is it you loved about these, do they have anything in common?
29. List one mythical being who you would most like to be real and why? This is not intended as an offensive query, I'm thinking more along the lines of dragons and unicorns!
30. What is your favourite way to spend free time?
31. What is your weirdest talent? Your party trick if you will - I have 2 and I'll even share via video!
32. Where are you happiest - name the spot and why, what is it about that place that you love (can be current or in the past)
33. What is your favourite drink and why?
34. What was your favourite childhood toy - do you still have it?
35. How could you make someone else's life better? Big or small what could you do that would make someone else smile?
36. What 5 things are on your bucket list - what do you want to do most?
37. Describe a tradition you would like to create for yourself or your family
38. Who did you want to be as a child, who was your role model?
39. What are the 5 best things about you as a person?
40. What was the most embarrassing moment of your life?
41. What fantasy world/time period/TV series or location would you like to live in?
42. What's the most extravagant and useless thing you've ever purchased (and why did you HAVE to have it)?
43. What do you most want to be remembered for? Is it a big achievement or something small?
44. What is the bravest thing you have ever done?
45. Who is your favourite Superhero and why?
46. List 10 things that make you smile - silly or serious
47. What is your favourite smell, scent or perfume - is there a reason it's your favourite?
48. What did you do for your last birthday, what do you wish you had done?
49. What is your greatest strength, how does it help you?
50. What do you find exciting? How can you add more of this to your life?
51. What piece of modern technology are you most grateful for - what couldn't you live without?
52. What are your dreams and hopes for 2020 (yes 2020) and is there a way you could make these happen - make a plan oxo

Remember to tag what you make with #52weeksofsparkle so we can all leave each other a little love and encouragement! So that you stay on track don't forget to [join me each week over on YouTube](https://www.youtube.com/KatePalmer) <https://www.youtube.com/KatePalmer>, where I'll be sharing more about why I chose each of these topics, info on how you might use the prompts and maybe even provide a little inspiration and a peek at how I'm using these myself.

Oxoxo
 Lets get moving!

Kate