



## Journal with Purpose Layout Ideas 101

Over 100 inspiring journal layouts plus 500 writing prompts

**Helen Colebrook**

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### Description

The ultimate guide to journalling, packed with prompts and ideas to spark creativity. For many people who want to keep a journal, the fear of the blank page can be a very real stumbling block, but is definitely something that can be resolved. In this essential reference guide, journalling expert Helen Colebrook offers up all her knowledge, tips and tricks to ensure you get truly bitten by the journalling bug.

Thoughtful prompts: these journalling prompts are a great exercise to get you started on self-reflection and help you make writing a daily habit. Creative prompts: these prompts will get your creative juices flowing. There are no end of ways to get creative in your journal and it can become a hugely relaxing and rewarding part of the process. Layout inspiration: these ideas show you a range of different tried and tested layouts that you can use in your own journal.

### About the Author

Helen Colebrook did not think of herself as creative until she found her 'thing': journalling – and began her blog Journal with Purpose where she shares her passion for all things journal-related. Helen runs six-week creative journalling workshops and her journal pages have been featured widely in the press. She has collaborated with Cult Pens, Rhodia, Staedtler UK, Derwent and Manuscript. This is her first book.

### Example spreads from the book

