

Thanks for Downloading

Hey lovelies, I'm Rose. I am the creator of Signature By Rose and your #1 planner addict. Although, this printable is all about journaling, which I also love. ❤️

I know how hard it can be to express yourself when you just aren't used to doing that. This printable will help you to do just that.

Take your time and be honest, it's all for you! Once you learn more about your own needs you'll be great at journaling.

After this, you can download my journaling prompts for beginners ([click here to go to the post](#)).

I'm working hard guys to give you some great printables to make journaling (and planning) super fun and enjoyable! xoxo

Signature By Rose

signaturebyrose.com

JOURNAL DISCOVERY GUIDE

Answer the following questions. Look for patterns.
Pick out themes. Decide what kinds of things to journal.

What TYPE of journaling are you interested in?

[\(click here to see the list in the post How to Journal\)](#)

What do you like to talk about?

Which is more important

Tasks

or

Relationships

Learning the World

or

Identity

Brain Dumping

or

Being Artistic

Remembering Situations

or

Remembering To-dos

Memories

What's important to me in life?

Why do you think you want to journal?
