

# Journaling Saves

## Interview Questions

How did you get started journaling?

How long have you been journaling?

How often do you write?

Where do you write?

Do you prefer morning or night?

Do you have a preferred journal or notebook?

Do you use prompts or free writing or a combination?

Have you ever found it necessary to take a break from journaling?

Has journaling contributed to any important changes or events in your life?

What has surprised you most about journaling?

What's your biggest journaling roadblock or hurdle?

Advice for journaling newbies?

Anything else you'd like to share?

