

40 Junk Journal Prompts and Ideas for Scrapbooking

Found Objects & Ephemera: Junk Journaling Prompts

Junk journaling is all about the "junk." These prompts encourage you to use the physical items around you as the foundation of your page.

1. **The Receipt Story:** Glue in a receipt from today. Write a narrative about the best (or worst) item you purchased.
2. **Packaging Art:** Use a piece of cardboard from a delivery box as your canvas. Paint a small landscape over the logo.
3. **Nature's Scrap:** Find a fallen leaf or a pressed flower. Secure it with washi tape and write about the "internal weather" of your day.
4. **Security Envelope Interior:** Many envelopes have beautiful patterns inside. Cut them into shapes and create a collage background.
5. **The "Ugly" Page:** Take a piece of paper you don't like and "save" it with layers of gesso, stamps, and junk.
6. **Tea or Coffee Stains:** Use the bottom of a mug to create rings on your page. Write a scrapbook journaling prompt about your morning ritual inside the circles.
7. **Found Words:** Cut out random words from a magazine or an old book to create a "ransom note" poem.
8. **Stitched Memories:** Use a needle and thread to "sew" two different paper scraps together directly onto the page.
9. **The Tag Pocket:** Create a pocket out of an old postcard and tuck in three "tags" that list your current favorite things.
10. **Expired Goods:** Use an old calendar page or an expired coupon as a layer. Reflect on something in your life that has reached its "expiration date."

Narrative & Memory: Scrapbook Journaling Prompts

These prompts focus on the "scrapbooking" side—merging your photos and mementos with deeper reflection.

11. **The "Non-Photo" Photo:** Draw a simple sketch of a moment you *didn't* catch on camera today.
12. **Ticket to Anywhere:** Glue in a ticket stub. If this ticket could take you anywhere in the world right now, where would it be?
13. **Map Your Heart:** Draw a map of a place you love (your house, a park, a city). Use symbols to mark where your best memories happened.

14. **Color Palette of the Day:** Use scraps of paper to match the colors you saw today (e.g., the sky, your lunch, a stranger's coat).
15. **A Letter to a Stranger:** Write a note to the person who might find this journal 50 years from now.
16. **The "Day in the Life" Timeline:** Use a long strip of paper to create a flip-out timeline of your last 24 hours.
17. **A Bit of Fabric:** Glue in a scrap of fabric from an old shirt or a ribbon from a gift. What does the texture remind you of?
18. **Current Soundtrack:** Write down the lyrics of the song that is currently on repeat in your head.
19. **The Doorway:** Draw or glue in an image of a door. On the other side (under a flap), write about a new opportunity you are facing.
20. **Handwriting Audit:** Write the same sentence three times: once in your best cursive, once with your non-dominant hand, and once in a "messy" scrawl.

Challenge Style: Junk Journal July Prompts

These junk journal July prompts are designed to be quick, creative, and highly visual—perfect for a daily challenge.

Day/Prompt	Creative Focus
Monochrome	Use only one color for the entire layout.
Transparency	Incorporate vellum, tissue paper, or a clear plastic scrap.
Layered Pockets	Create three pockets of different sizes on one page.
Old Book Pages	Use a page from an old book as your primary background.
Negative Space	Leave 50% of the page completely blank.

26. **Washi Tape Waterfall:** Create a cascading border using every roll of washi tape you own.
27. **Hidden Secret:** Create a "tuck spot" where you hide a piece of journaling that is for your eyes only.
28. **Inky Mess:** Use a stamp pad or ink spray to create a messy background, then "clean it up" with structured doodles.
29. **The Ephemera Explosion:** Use at least 10 different types of "junk" on a single page.
30. **Circle Focus:** Every element on the page must be a circle or have rounded edges.

Interactive & Abstract Ideas

31. **The "Window" Page:** Cut a hole in your current page so you can see a glimpse of the next page.
32. **Altered Paper Clip:** Decorate a paper clip with ribbons and use it to hold a "secret" note.
33. **The Texture Rubbing:** Place your page over a textured surface (like a coin or a brick) and rub a crayon over it.
34. **Blind Contour:** Draw a "junk" object on your desk without looking at your paper.
35. **The Envelope Flip:** Glue an envelope into your journal so it can flip open and closed.
36. **Word Association:** Write one word at the top of the page and fill the rest of the space with every image or scrap that word reminds you of.
37. **The "Trash" Collage:** Use only things you were planning to throw away in the next hour.
38. **Border Patrol:** Create a complex border around the page, then write one single, powerful sentence in the middle.
39. **The Masking Tape Frame:** Use masking tape to create a "frame" for a small, precious memory.
40. **Closure:** Create a tie-closure for your journal using twine and a button.