



# Seasonal Scribbles

Journal prompts  
to enjoy throughout each season

WE LEARN AS WE PEDAL FORWARD TOGETHER



January-March  
2025 Edition

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## WHAT ARE SEASONAL SCRIBBLES?

Welcome authors! Get your fingers warmed up, your favorite journal, and your creative juices flowing.

As seasons change and holidays greet us around the corner, there is so much that unfolds in our daily lives.

Seasonal Scribbles is a quarterly booklet featuring specific journal prompts that invite you to think, write, and reflect on your personal experiences throughout the course of the year.

Whether you are new to a journaling routine or an experienced author, this booklet is designed to get your author on.

With an inspiring message to welcome you each month, the goal is to be carefree, creative, and to find joy in the passion of writing.

Whether you are using a paper journal, an online journal, a ballpoint pen, or a quill, the idea is to have fun, explore ideas, and use your imagination!

What legacy will you leave today?

Remember the most salient story you can write is your own.

Happy writing!



Author & Founder  
Red Bicycle Books, LLC



*You are now entering  
a stress-free zone*



# What legacy will you leave this year?

Wishing you a year filled  
with the best of health,  
hope, happiness, and love.  
As authors, we create to  
inspire. Make your words  
shimmer.



# January



Inhale the air, with or without snowflakes. The feeling is one of creation--new beginnings, new hope, the air of calm, and a fresh start channeling the thoughts we desire. We are never stuck and can always choose new thoughts and ways of thinking.

This year, let's not wait for the moment to be perfect, rather we'll take the moments and make them perfect. The future is yours to create.

This year is yours! Write at least three goals you want to attain this year and how you will achieve them.

Name at least three things you have been putting off because you were waiting for the perfect moment.

Meet yourself halfway and take the leap to write how you can make it happen despite the circumstances.

Own your superhero.

Take a moment to study your breath. Is it short? Is it long? Write about it.

Now take five deep and long breaths.

Observe the difference. How did you feel? How can you find calm in your breath? How can you practice this more often?

Dendrites, plates, needles, what am I talking about? Snowflakes of course!

Study the patterns of snowflakes.

Which ones do you like the best? The least? Make your favorite paper snowflakes and hang them up to bring you joy.

National Compliment Day is January 24th. Take this day to compliment everyone around you to brighten their day. Then journal about how this made you feel. Did you receive a few smiles?

January 5th is National Screenwriters Day. Write your own script. You are the main star!

Lights, camera, action.





# February

This month we celebrate the gift of love. Love is a seed growing from within to blossom into something beautiful. Count your blessings and appreciate all the love you bring to others and the love they bring to you.

Think of all the lovely thoughts in your life-good times, good memories, enjoying life and embracing it one day at a time. You will touch the hearts of many, but remember that love starts with you.

Take a moment to look at yourself from the perspective of how others see you. Ask a friend to name 3 attributes they love about you. Do you agree or disagree with how they view you? Why or why not?

What is your definition of unconditional love? Who do you have unconditional love for and why.

It's National Haiku Writing month. This month write at least two haikus centered on love.

How do you receive love? How do you show love to others? Is it reciprocal?

Name three things you feel you are hard on yourself about. Why do you feel this way? What methods can you take to become less critical of yourself and more gentle and loving?

Name three memories that bring instant heart happiness. When you are feeling sad, pull this journal entry out and reread it. Instant positive energy boost!





# March



“What good is the warmth of summer, without the cold of winter to give it sweetness.”

- *John Steinbeck, "Travels with Charley: In Search of America"*

This month as we make the transition to spring, let's take a moment to embrace what makes us unique. Perhaps it's that smile, a silly giggle, or your kindness that lights up a room.

What skills and talents do you have? Write about them. In what ways do you show the world your talent? The world is ready to receive your talents-don't hold back!

Read Across America Day is March 2nd, but let's celebrate this to read across the world. Name at least two of your favorite books and why. Then, carve some time to read them again. Do you remember why each book has so many curled pages from the wear and tear?

Laughter is good medicine. Write 3 things that give you instant giggles. Go ahead and give those abs a good workout today!

If you live in a cold-weather city, have you ever built a snowman? Write about your favorite memory, and if the opportunity presents itself, build one today and write about it. If you live in a warm-weather city, make your snowman out of boxes. Write about your creative experience.

World Poetry Day is March 21st. Pick a random poem to read and write about your interpretation of the words the poet is trying to convey. Highlight the stanza that stood out to you the most and why.

Revisit your goals from the start of this year. How are they coming along? What did you achieve so far?

March \_\_\_\_ 2025



A series of horizontal lines for writing, consisting of 28 evenly spaced lines that span the width of the page.



“

*One kind word can warm  
three winter months.*

*- A Japanese Proverb*



# Seasonal Scribbles

We hope you enjoyed these Seasonal Scribbles and have come up with additional prompts on your own that challenge you to think, learn, and grow. Download the next quarter. Go ahead, you earned it.

**CHEER UP** WHINE DOWN™

Looking for some additional inspiration? Visit our blog [Cheer Up Whine Down](#).

Looking to write your first book? Check our resource center page with a wealth of information including our [Writer's Block Workshop Series](#), [Author Tools](#), our exclusive member portal with templates, planning guides, and tools for authors, and [Authors' Notes](#) articles.

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Writer's  
Block

Workshop Series



Author Tools

Authors' Notes

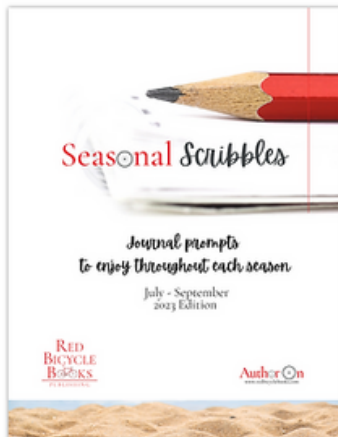
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# Journaling Resources & Writing Projects

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## Grab some pen time. Get your author on.

Fun and creative writing projects for authors of all experience levels and ages



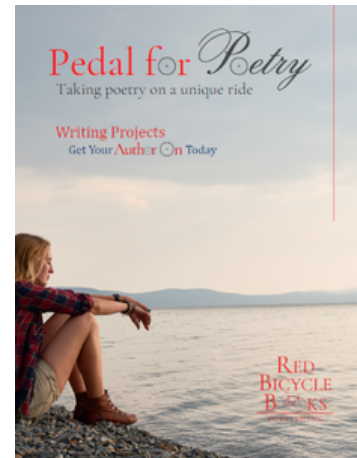
*Seasonal Scribbles* is a quarterly publication with journal prompts to enjoy writing about for each season.



Give your journal a little exercise with 35 *Journal Doodles* to get the creative juices flowing.



*Come Journal With Me* provides older children and teens a door to open to explore their creativity and imagination. Unlock the magic of writing.



*Pedal for Poetry* invites you to connect inspiration from the world of your bicycle to the world of words.



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