

19 Questions for More Meaningful Journaling

When scrapbooking your photos these questions will help you discover the story that's waiting to be told.

1. What happened that caused you to take this photo?
2. What were you feeling before you took the photo?
3. What funny thing happened or was said?
4. What happened that caught you, or the subject of your photo by surprise?
5. How does this remind you of another moment from the past?
6. What family member or family tradition does this remind you of?
7. Does this moment represent something that happens all of the time?
8. Was this moment a surprise because someone is doing something unusual or uncommon for them?
9. What did this moment inspire us to do?
10. What was unique or special about this moment/person?
11. How did this moment reveal a connection to your past, or a hope for the future?
12. What about this moment confirms that you're on the right path or that what you know is true?
13. What happened that reminds us that we matter?
14. How is this about the people and not the event?
15. How does this remind you of what your _____ (family member) always said?
16. How is this relevant with current events, either of the world or specific to your family?
17. Was this moment funny at the time, or only with a bit of time and perspective?
18. How would this be told if you were a fly on the wall?
19. If you could relive this moment what would you change or keep the same?

Let's make scrapbooking fun! Create meaningful and inspiring layouts. You'll find more tips, tricks and challenges with Alice Boll at ScrapbookWonderland.com and the ScrapHappy membership group at ScrapHappy.org