Start here

A starter kit for your paper journal, for the days your brain freezes at a blank page. Everything you need is on these pages.

spark **A tiny idea for today's journal page.** Like: "A tiny win from today".

format **How you put it on the page.** A list, a doodle, one line.

pack **A themed set of sparks.** This kit has three.

How it works

1. **Print these pages and tuck or glue them into your journal.**
2. **Pick a spark. Any pack, any number.**
3. **Roll the dice for a format (page 3). No dice? Ask someone for a number.**
4. **Write it on any page: the date, the spark, your answer.**

Short on space? Use the codes.
Every spark has a code, like S4 or A12. Write the code instead of copying the whole spark.

Want more?

defrostjournal.com has a spark jar and dice for your phone, and new packs on the way. You never need it to use these pages.

Frozen-brain sparks

Twelve tiny ideas for a journal page, for when your brain is frozen. Pick any number and write your answer.

- **S1** Right now my brain is loud about...
- **S2** A tiny win from today
- **S3** Something I noticed that nobody else did
- **S4** What I'm obsessed with this week
- **S5** The song stuck in my head, and why
- **S6** A daydream I had today
- **S7** If today were a movie title, it would be...
- **S8** What I'd tell a friend on the phone right now
- **S9** Something that made me laugh or cry
- **S10** What the sky looked like today
- **S11** A list of five: ate, saw, heard, want, felt
- **S12** A terrible idea I secretly love

The only rule: date + one sentence.
Skipped days stay skipped. No catching up.

Roll for it

Got a spark? Roll the dice to pick your format: how you put it on the page. Any spark works with any format.



A list



A doodle



One line only



A sticker collage



A mind map



A free brain dump, no rules

Pen roulette
Close your eyes, grab a pen. That's today's color.

Sticker first
Place a sticker, then write around it.

Critical hit
Same number twice in a row? Skip writing and go dance.

New Year reset

Pick one shape for your year. Skip the rest.

A **One word**
Choose a single word to steer the year. Write it big.

B **Keep, drop, try**
Three things to keep, three to drop, three to try.

C **Twelve tiny quests**
One small, finishable quest for each month.

D **Four seasons**
One focus per season. Check in when the season turns.

E **Bingo card**
Nine small goals in a 3 by 3 grid. Any line is a win.

Warm-up sparks

N1 What I'm proud of from this year

N2 What I'm leaving behind

N3 Something I want to feel more often

N4 A thing I'd like to be bad at, happily

Advent sparks

One tiny spark a day, 1 to 24 (codes A1 to A24). Skipped days stay skipped.

1 A smell that means December	**2** The coziest spot at home	**3** A song on repeat this week	**4** Draw today's drink
5 Someone I want to thank	**6** A tiny tradition I love	**7** The best thing I ate this week	**8** A gift I loved giving
9 What the sky looked like today	**10** A childhood December memory	**11** Something I finished this year	**12** Doodle a star
13 A kindness I noticed	**14** The movie I rewatch every year	**15** Three small wins of the year	**16** A photo I'd print from this year
17 What I want less of next year	**18** What I want more of next year	**19** A person who made my year	**20** Best book, game or show this year
21 A light I love: candle, lamp, sun	**22** A wish for someone else	**23** What I'm looking forward to	**24** One word for tonight

color a box when you've done it

2026 Recap

One slot per month. A photo, a sticker, a ticket, a sentence. Whatever fits.

Jan
a photo

Feb

Mar
a sticker

Apr

May
a ticket

Jun

Jul
one sentence

Aug

Sep
a doodle

Oct

Nov
a song

Dec
anything goes

