



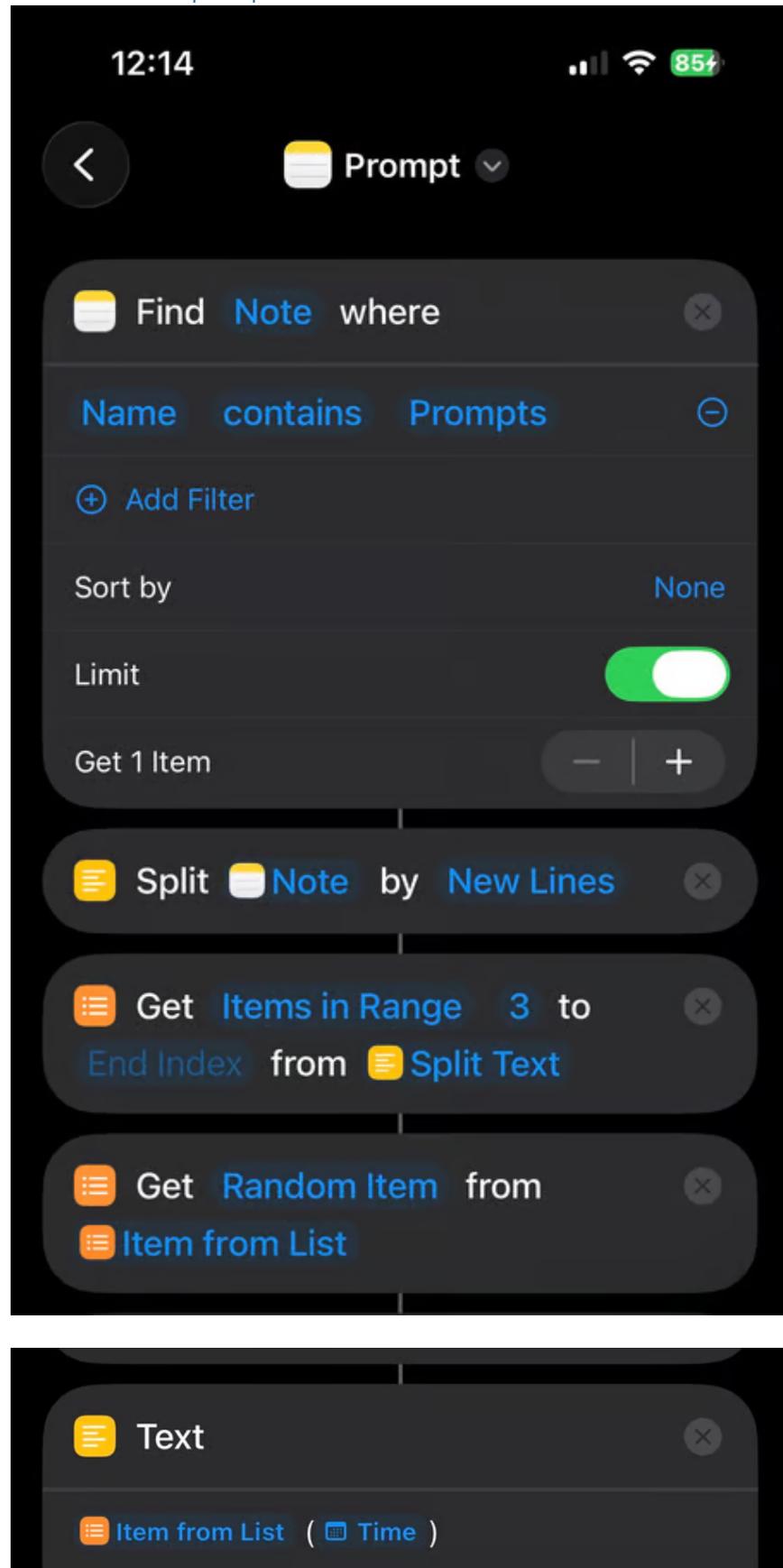
resume  
portfolio  
blog

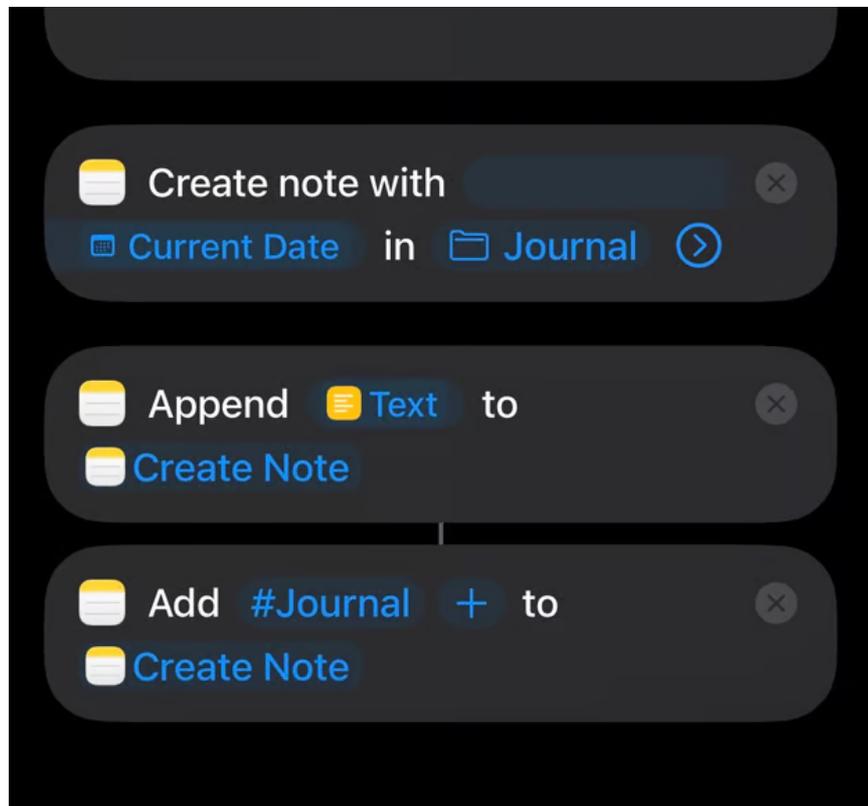
## Blog / random journal prompt shortcut

In an effort to journal more, I collected over 100 journaling prompts in my notes app. Picking one at random helps me not overthink it.

I use an apple shortcut to pull one at random and create a new note with the date and time as the title.

[Here's the list of prompts](#)





### Journal prompt shortcut

I really like this workflow because I can run it and just do a brain dump on the topic without worrying about *what* to write and just write.

- Rae

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Made with [Montaigne](#) and by [anton](#) 🇺🇸