ChatGPT Junk Journal Prompt Starter Sheet

Bonus 1 for Complete Junk Journal Starter Vault — 12 fill-in prompt templates plus a quality check for every visual you generate.

How to use this sheet

1. Pick one template below and fill in the [brackets] with your niche, subject, and style.
2. Paste the finished prompt into ChatGPT Image and generate one visual.
3. Run the quality check at the bottom before you use the visual in a kit.
4. Keep the subject, palette, and paper tone the same across a whole niche for a coordinated collection.

Journal page prompts

1. "Vintage [niche] journal page, lined writing area in the center, [color] floral border, aged cream paper, soft watercolor style, print-ready, no text."

2. "Ledger-style [niche] journal page, [color] ruled lines, small [subject] sketch in the corner, antique paper texture, no text."

3. "Blank [niche] diary page with a wide writing space, [color] ephemera strip along the bottom edge, muted vintage palette, no text."

Paper and ephemera prompts

4. "Full-sheet [niche] decorative paper, repeating [subject] pattern in [color], aged paper background, seamless, no text."

5. "[Niche] ephemera ticket, [subject] illustration, [color] border, distressed edges, vintage print style, no text."

6. "[Niche] postcard, [subject] scene, [color] sky, aged edges, watercolor illustration, blank back, no text."

Fussy cuts, tags, and cards prompts

7. "[Niche] fussy-cut [subject] set, three sizes, white outline, [color] accents, clean cut edges, plain background."

8. "[Niche] journal tag, [subject] art, hole and string detail, [color] palette, writing space left blank, no text."

9. "[Niche] journal card, [subject] composition, [color] frame, space for a short note, vintage watercolor, no text."

Pockets, covers, and labels prompts

10. "[Niche] pocket envelope, [subject] print, fold lines visible, [color] trim, practical construction, no text."

11. "[Niche] journal cover, full-page [subject] scene, [color] focal area, title-safe space at the top, no text."

12. "[Niche] label and seal set, small [subject] motifs, [color] palette, vintage print style, no text."

Quality check — run this on every visual

Writing space: is there a clear area to write, or did decoration fill the page?

Lettering: is every letter correct, or is any text garbled or misspelled?

Cut lines: are fussy cuts cleanly separated with a clear outline?

Style drift: does this visual match the palette and paper tone of the rest of the niche?

Print test: print one copy at real size and check contrast, margins, and fold lines.

Made by Pickzox as a free bonus for readers of the Complete Junk Journal Starter Vault review. The templates are original and free to use in your own prompt work. Always review AI-generated visuals before you sell them, and check your image generator’s commercial-use terms and each marketplace’s AI-content policy before publishing.