

Journaling for You!

Picking up a journal can feel daunting. Writing out your thought, hopes, & dreams may leave you frustrated & lost. But journaling is an amazing tool for self-care.

When your mind is running a thousand miles per minute, you start trama dumping, or you just need to get something "out" journaling can help.

Journaling with prompts is a great way to start journaling. These are guided entries. The prompt is usually a thought-provoking question.

Often these questions are on a certain topic. They are usually self reflective questions. These prompts are your chance to dive deep.

This is your chance to jump into the implementation end of the self-help process.

One of the goals of self-help style journaling is to grow. One way to grow is by *changing your perspective*.

Looking at life differently will help you see things differently. What once was a negative experience could be the very reason that you are who you are now. This may involve deep diving & big emotions.

When you change your perspective on things, you start to understand how you can reprogram your brain to experience life with a positive & happy outlook. It is this outlook that changes your reality. You then start understand the power you have within you. Power to change the world.



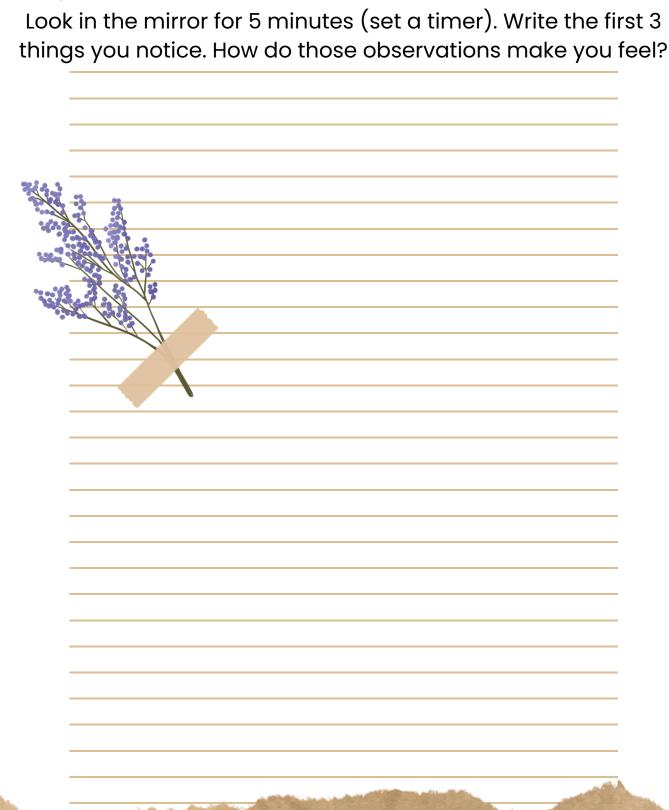


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Wha	t do you think of when you hear/see the word fear? What physical feelings does this bring up?



Write a note to your future self.





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Write the following affirmation: I enjoy exploring my life & practicing self-care through journaling. What does your journaling habit look like?





Journaling for You!

Did you know that a habit takes 28 days to develop? You are halfway to developing the journaling habit. Over the next 14 days, practice your journaling through free writing. I'm these entries you will not have a prompt. You should set a timer or just stop when you run out of room on the page. Do what's comfortable for you.

Free writing can feel daunting, but there is no goal.
Just write what comes to your mind. It could be a
list of things you did today or a deep dive into a
trauma. By the end of this journaling journey you
should find a style where you are comfortable
writing.

Now that you've developed the habit of journaling, comes the fun part. Buy yourself a journal that speaks to you. Get some fun pens. Maybe even incorporate scrapbooking into your journal. The point of the journal is to give yourself an outlet to express yourself. So have fun & happy journaling!!!

