Journaling for You!



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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 questions.

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 word.

Day 1

Introduce yourself, as if you were filling out a dating profile or author's blurb on the back of your book.







Day 2

What is your favorite memory from your childhood? Why is it your favorite







Day 3

Write the following affirmation: I am an exceptional writer.
How would that look for you?







Day 4

Look in the mirror for 5 minutes (set a timer). Write the first 3 things you notice. How do those observations make you feel?







Day 5

Who would you like to read your journal? What would you say to them?







Day 6

What are 3 things you would like people to know about you?







Day 7

What was the best thing that happened today? What about it made you happy?







Day 8

Write the following affirmation: I practice self-care every day.
What does that look like for you?







Day 9

Describe yourself as a teenager. What would you say to yourself back then?







Day 10

What was your most recent win? How did you celebrate it?







Day 11

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







Day 12

Write a note to your future self.







Day 13

Name one superstition that you hold onto. Does it limit you in life?







Day 14

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!!!


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