




# Journaling

A Quick Start Guide

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***Journalling is a fantastic self improvement tool with many benefits and many, many 'ways' of being done.***

Writing out whats in our mind can be a relief, it can be inspiring and sometimes it can be a surprise. Thoughts can pass through the mind in milliseconds, so taking the time and space to look at them, record them and consider them gives us the opportunity to see other perspectives, find out where feelings are really coming from and question the basis and effectiveness of what we think regularly.

You might find that you develop a favourite format, or that you just see how you feel every time you pick up your pen. There is no right, or wrong way, just do whatever feels good for you, and mix it up as often as you like.



## **Journalling for Self Awareness**

Ask yourself the following questions (as many or as few as you like) and allow your mind to respond however it wants to. The answers will not always be immediate and will change often. Give yourself the freedom to just allow the thoughts to come, judgement free.

What am I feeling right now?

What particular emotions can I identify?

What am I telling myself about these emotions?

What do these feelings/ emotions want me to know?

What needs do I feel are not being met?

How can I meet those needs?

Who am I today?



Who do I want to be today?

What quality do I most want to grow within myself?\*

What behaviour/ attitude/ reaction/cycle do I most want to improve within?

What do I most like about myself today?

What do I believe about myself?

What do I want to believe about myself?

What would I like to let go of today?

What would that look like?



## **Journal prompts for clearing thoughts**

What would I most like to clear out of my thinking?

What inner resources do I have to help with this?

What is the best outcome for this situation?

How can I choose to respond rather than react?

What can I learn from this?

What do I hope for this?

What is positive about this?

All this will pass - How do I want to feel when it has?



## Journal prompts to Create

What do I want more of?

How does my ideal day look?

What are the benefits of everything I want?

How will I feel living my ideal day?

How will it feel having a day for just me?

What would I do if i could do **anything**?

What really lights me up?

Who am I when I have everything I want?

How do I want to be around other people?



## Other kinds of Journalling

### **Stream of Consciousness**

Just put pen to paper and let your writing flow wherever it wants to take you.

### **Gratitude**

Feeling grateful is the key to manifesting, and yet, we are so used to looking at what is 'wrong' or missing that we often over look the many reasons we have to be grateful right now. List as many reasons as you can think of and really get into the feeling of gratitude and appreciation.

### **I Love.....**

Another aspect of being grateful (and manifesting) is writing down all the things you love which may be a bit more spontaneous - for instance - I love being free to go to the beach, I love when people smile in the street, I love getting happy texts from friends etc.





## **A love letter to you**

When was the last time you gave yourself credit or appreciation for everything you do? There are enough critics around - don't help them out by never appreciating your body for the way it supports you, or not being proud of how loving you are to your kids. This is especially important if we don't hear these words from other people (we can't receive anything we won't give to ourselves, so develop this until it's normal to you) It might start something like....

Dear Your Name,

I really appreciate the time and attention you are giving to improving. You always do your best, even when you are not feeling brilliant, and I really like that about you. I know that you want the best for everyone, and that's a really lovely quality to have <3 Thankyou (yep, thank yourself as well!) for taking care of my health. I love this body and all it gives to me each day, the strength, the energy, the ease.....



## **Dear me, I'm listening**

Sometimes all you really want is someone to pour out your worries to, but at the same time, we don't always want to talk about it. Use the page and just let it all out, and then use the release to rest your mind from thinking about it at all. It can be useful to dedicate a short amount of time to this kind of journalling, 15 - 20 minutes is ideal.

No matter what kind of journalling you choose, always meet your thoughts with compassion, and be as judgement free as possible. You have held some beliefs from as far back as early childhood and sometimes we will discover thoughts and attitudes that no longer serve us and in fact seem childish or unhelpful. Notice these thoughts, love yourself for the opportunity to see that these are within you, and then respond with a better, more empowered way of thinking. The point of journalling is to develop a relationship and communication with your mind, it is not to find what's 'wrong' and berate yourself, and it should never feel like a chore.



## Delving Deeper

Fully empowering yourself involves asking questions that are not always a joy to look at. We often know unconsciously that we are not honouring ourselves or what we want out of fear of something, and the first step to being empowered is to be aware. You may want to ask these questions when something is bothering you but you can't put your finger on it or if you are feeling resentful etc.

What are you not saying out loud in your life?

What are you putting up with that you don't actually want to?

Where are you not asserting or honouring your boundaries?

Where are you not asserting or honouring your standards?



**\*List of Personal Qualities**

Considerate Wise Strong Honest Friendly Reliable

Responsible Reasonable Tactful Disciplined Forgiving

Efficient Resourceful Clear-headed Patient Perceptive

Spirited Versatile Capable Courageous Creative Able

Relaxed Gracious Skillful Decisive Curious Refined

Self-confident Organised Consistent Positive Confident

Persuasive Fearless Excited Impulsive Supportive

Encouraging Upbeat Optimistic Thoughtful Ready Loving

Open Secure Happy Welcoming Bright Clever Aware



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