

The Power of Journaling.

Week 1 - Journal Prompts

The below journal prompts can be used in any order. If you feel resistance to a prompt and don't want to answer it, consider where this resistance may be coming from as this may be hiding something that needs your attention.

You may wish to set a timer for 3-5 minutes for each prompt, or just see where your thoughts take you.

Don't censor your thoughts or think too much about your answer. Simply start writing whatever comes to mind.

- What do you want to achieve this week? How will achieving this help you?
- How are you feeling today? What is causing these feelings?
- Write a list of everything you'd like to say "yes" to in your life
- What words do you need to hear right now?
- Describe, in detail, what you can see from your window
- List 10 things you are grateful to have in your life. Add the reasons for your gratitude for each one
- Complete this sentence - "The best adventure I ever had was..."



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Types of Journals

Personal Journal - Write freely about your day, events, thoughts and feelings. A private space to explore your feelings and emotions more deeply and to notice any recurring situations, behaviours, thoughts and patterns.

Goal focused Journal - Write about your long and short term goals. Record your progress, keep yourself accountable for actions and decisions you make, help you overcome any obstacles, record ideas and keep yourself motivated.

Gratitude Journal - Write about people, things, situations and anything else in your life that you are grateful for. Use this to boost your mood, self-esteem and resilience.

Dream Journal - Keep a record of your dreams. If you can't remember your dream then write "No dream" to train your brain to remember them as much as possible. Reflect on your dreams and interpret the meaning for you - what is your sub-conscious trying to bring to your attention?

Creative Journal - Space for brainstorming ideas, being artistic and expressing yourself through non writing methods

Productivity Journal - Helps to improve your time management, productivity and organisation. Can also be used to track your progress on goals or projects. Helps to reduce procrastination.

Bullet Journal - Primarily used for keeping lists, such as To Do lists, things you want to read, watch, achieve, places you want to visit. Write bullet points to keep things simple and to the point. Often stickers, doodles and art are used to decorate pages.

Other Journals - You can keep a journal for anything and everything. Other popular journals are weight loss, fitness, travel, family, moon cycles, menstrual cycles, affirmations, business, career, spiritual and many more.



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