

The Power of Journaling

Journal Techniques

Lists - Select a topic and write a list without stopping until you have run out of responses. Review the list, organise it and create a plan of action for anything that needs more attention.

Suggestions - "What makes me... (angry, happy, sad, frustrated, loved)?" List all my qualities. "I am good at..."

Prompts - Use questions, quotations, start of a sentence, objects, photos, music, smells, anything that triggers a train of thought. Follow your thoughts uncensored and see what the prompt brings up.

Suggestions - What was the best thing that happened today? "I want..." Describe a random object near you, how does it enhance your life?

Sprint Writing - Set a timer for however long you'd like to write for. Choose a topic, prompt or write freely whatever comes to mind until your time is up.

Suggestions - combine a prompt with 5 minutes timer, describe your day within 15 minutes

Morning Pages - Write a stream of consciousness, uncensored, for three pages. No more or less.

Suggestions - Despite the name, you don't have to write this in the morning, try it at different times of the day to see which is most effective for you.

Captured Moments - Describe an event or situation in your life in detail, include how you felt, what you experienced, your thoughts, what others said, who was there, what did they do, anything and everything you can think of now matter how big or small it might seem.

Suggestions - Give yourself plenty of time for this one and allow time to gather your thoughts if it's a particularly emotional topic

Unsent Letters - Write a letter to someone you have been unable to express yourself with and include everything you'd like to say. It may be a letter releasing hurt, anger or a letter showing gratitude to someone. DO NOT SEND THE LETTER.

Suggestions - You could also write a letter to an object that you feel emotionally attached to but need to let go eg a house you are moving out of. You may wish to write a letter of forgiveness to yourself.

Dialogue - Write both sides of a conversation with someone. Write different versions of the conversation that you are due to have, with different outcomes to help reduce nerves and anxiety and build confidence you are prepared for any outcome or questions.

Suggestions - Write a conversation you've already had to see things from the other persons perspective.

Biographical Summaries - Write a detailed, factual and concise summary of your life in an objective way without judgement or bias. Highlight your achievements, relationships, education, career and any other important events.

Suggestions - You could write a future biographical summary for 5, 10 or 20 years time. What have you achieved and how?



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Journal Prompts

Gratitude

- Write about 3 things/people you are grateful for this week
- What are you grateful to have experienced today?
- What 3 pieces of technology do you have that makes your life easier?

Self-Love

- What would you see if you saw yourself as others love you?
- List 10 strengths and qualities you have
- What brings you the most joy?

Mindfulness

- Write about something you can hear
- Write about your favourite memory
- How are you feeling in this moment?

Goal Setting

- What do you want to achieve this year?
- How will achieving this benefit you and those around you?
- What could you do today that will take you a step closer to living your dream?

General

- What would you do if you knew you couldn't fail?
- Today I will.../ Today I did...
- What would you change about yourself or your life?
- What would be the greatest advice you could give your younger self?

