

Research tells us that engaging in meaningful journaling has many positive impacts.

Journaling can

- Reduce Stress
- Increase Self-Knowledge
- Clarify Thoughts and Feelings
- Improve Immune Function
- Spark Creativity

Here are a few Journaling Prompts to get you going.

Writing about challenge:

- Try to identify at least five (5) major turning points in your life. List the strengths you've gained from these events. Write about how these events impacted your life and the person you have become.
- When you are feeling confused or overwhelmed with a situation, do you find yourself thinking, "I don't know what to do?" Try writing with this prompt: "I don't know what to do . . . I wonder if I should. . ."
- Write about a challenging situation you went through. How did you handle it? What did it teach you?
- Think about a situation that is upsetting. In what ways has this emotional upheaval made you more vulnerable, and in what ways has it make you less vulnerable?
- What color represents your pain? Why? What color represents your healing? Why?

Writing about healing & self-care:

- I need more . . . I need less . . .
- When do you feel the happiest in your skin?
- Looking to the future, what would make you feel loved, peaceful, and happy. Begin to visualize how you want to feel and what you want to do on a daily basis. Give your inner wisdom a voice. Allow the wisest part of you to write an inspiring vision for your life.
- Make a list of things that bring you joy. The list should contain big and little things that make you smile; it could contain things that cost a lot of money, as well as things that are free. Write about how you can incorporate these things into your daily life.
- Five things I am grateful for today.
- Write myself a thank you note, thanking myself for everything I do for my own wellbeing.
- My intuition speaks to me by. . .
- What does self-love mean to you? How can you practice self-love more each day?
- Three things that my 'best self' would do that I'm currently not. . .
- I practice self-care because I want to feel . . .
- What are the obstacles to practicing self-care daily? How can I overcome at least one of them?
- What are 3 things that I'm currently doing that no longer serve me? How can I stop doing these things?
- Imagine that your body could talk. What stories would your body tell you? What would your body tell you it needs?

Writing about Gratitude

- What touched me today?
- Who or what inspired me today?
- What made me smile today?
- What's the best thing that happened today?
- Put Things in Perspective when things go wrong by asking yourself
- "What's good about this?"
- "What can I learn from this?"
- "How can I benefit from this?"
- "Is there something about this situation that I can be grateful for?"
- Acknowledge one ungrateful thought per day, and transform it into a grateful one. For example: "My partner snapped at me for no reason." > "I know my partner is under a lot of stress. I know that they are really there for me when I need them. I'm lucky to have them in my life."

Writing about friendships:

- A true friend is ...
Explain why you think this is true. When might this not be true?
- Write about the sources of your beliefs about friendship: family of origin, experiences as a child, religious beliefs, literature, anything you can think of that has helped to form your beliefs about the nature of friendship.
- How important are friends in your life, and in what ways have they influenced you (positively or negatively)?
- What relationships would you like to develop further over the next six months? Who else would you like to meet?
- What qualities do you believe are most important in friendships?
- How easy or hard do you find asking for help when you need it?