

Guide to Mindful Journaling

- A digital journal you can type in or print -

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An Introduction to Mindful Journaling

There are many benefits to journaling, including facilitating self-discovery, and being better connected to the way you think and feel. Journaling can make it easier for you to recognize recurring patterns in your thinking and reframe negative thought processes into more positive ones.

Start by finding a quiet place that feels comfortable for you and where you won't be distracted. Consistency is key, so pick a time of the day you can stick to. Journaling at this same time every day will help you form the habit. As well, make it as easy as possible to get started by keeping your tools ready, whether it's a book and pen or your laptop.

To get the most out of your mindful journaling experience, try to suspend any internal judgment and be honest with yourself and how you feel. Remember that your journal is just for you. You can only be truly honest if you're writing for no one but yourself. So, do what feels right for you—there is no formula or structure that you need to follow to make your journaling a success.

Here are a few prompts to help you get started.

Daily Journaling

Use these prompts to help guide your daily journal entries.

1. What are 3 things that happened to you today that made you smile?
2. What is something you accomplished this week that you are proud of? It can be anything, big or small.
3. Write down 5 things in your life that you are grateful for right now. Why are you grateful for them?
4. What is something you did today that made you feel good? How can you incorporate this into your daily life?

About the Past or Future

Use these prompts as inspiration for when you're feeling stuck on what to write about.

1. Think about a time that you were the happiest. How did you feel? Who were you with? What were you doing?
2. Describe your perfect day, from start to finish. Be as detailed as possible. What makes it so perfect?
3. What are 3 ways that you could make yourself feel better on days that you feel down?
4. What does "the best version of yourself" look like to you?
5. What are 3 things that make you a good friend?
6. Who is someone that makes you feel like your most authentic self? How would you describe your authentic self?

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