



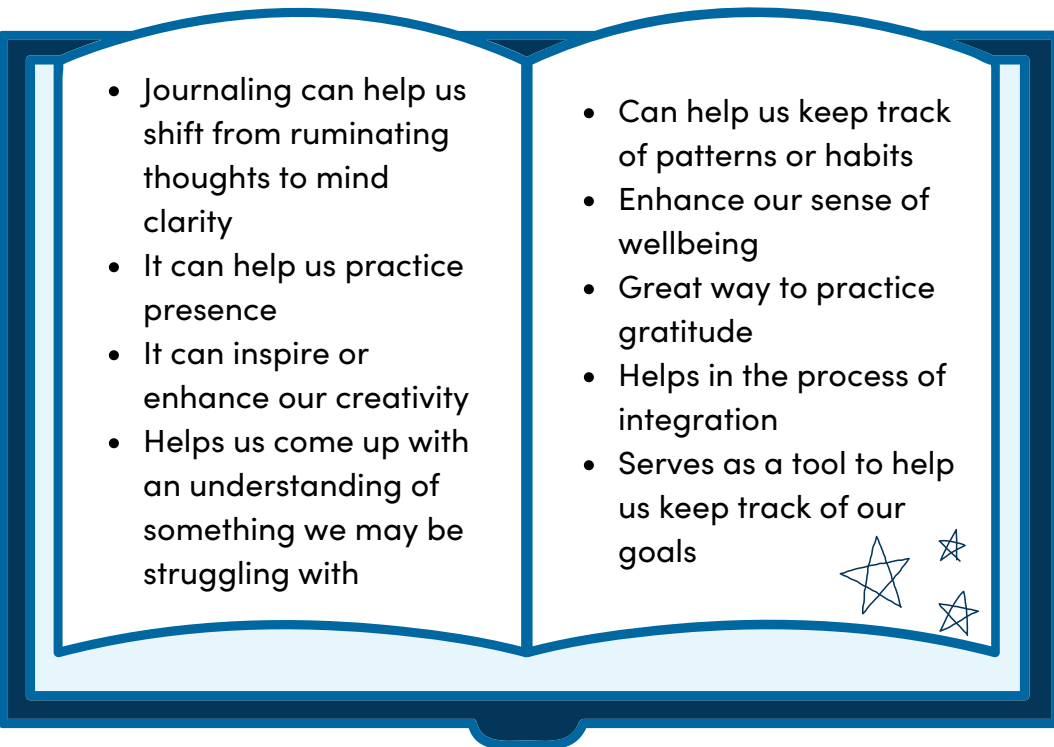
The Art of Journaling

What is Journaling?



Journaling is the process of writing our thoughts or feelings down as well as the expression and exploration of our personal experiences through words or art

Benefits and positive impacts:



Habits may change with time. Ask yourself what style of journaling meets your needs at any particular time, and allow yourself to adapt to what feels most comfortable for you.



Types of Journaling Styles:

Morning pages:
three pages of writing first thing in the morning



Bullet Journal:
Helps with writing short important points



Tracking/Diary journal:
Nutrition and exercise, dreams, baby diary, travels, books read, etc



Journal prompts:
Using prompts sensory or visual

Gratitude journal:
Allows the space to make time for being thankful

Common Journaling Challenges:

- When it becomes homework
- "Should-ing" ourselves
- Judging ourselves (make it a judgement free zone)
- Only writing about the difficulties
- Reading what we wrote frequently
- Losing its luster by losing its novelty
- Not having a schedule
- Not making the process a habit
- Not having journaling tools that resonate with us
- Shaming ourselves or comparing to others

"A personal journal is an ideal environment in which to become. It is a perfect place for you to think, feel, discover, expand, remember, and dream"

-Brad Wilcox