



Journaling



Journaling: Letting Thoughts Out

Purpose: Clears mental clutter and helps process emotions.

Step-by-Step:

- Grab a notebook and pen or open a note app on your phone. You can even talk-to-text it into your notes if that helps!
- Set a timer for 5 to 10 minutes. (optional)
- If you have a block and don't know where to start, try a prompt like:
"Right now, I feel..."
"I'm noticing..."
"What I need today is..."
- Write freely *without editing or judging* what comes out.
- If stuck, try writing an affirmation repeatedly or multiple affirmations (e.g. *I am grateful for my family, I am healthy, I am....., Keep them positive!*)
- When you are done or the timer ends, pause and take a breath.

Optional but recommended: *Reread your writing, smile and let it go.*

