



Journaling

The practice of journaling cultivates self-awareness and helps you become more aware of your thoughts and emotions.

Search Inside Yourself introduces two types of journaling:

1. Freeflow: writing stream-of-consciousness
2. Deliberative: taking time to think and reflect while writing

Tips for Journaling

- » It's best if your journaling is just for you - no one else needs to read anything you've written
- » Journal by writing your thoughts on paper vs. using a computer or other electronic device
- » Allow your thoughts to flow onto the page without stopping to edit or judge; there are no "right" or "wrong" thoughts when it comes to journaling
- » Do not worry about grammar or spelling; what's important is to let your thoughts flow
- » When "freeflow" journaling, keep writing until time is up. If you get stuck and have nothing to write, then keep writing, "I have nothing to write..." until a new thought emerges
- » When you're done writing, take a few minutes to read over what you've written and reflect on what you discover

Prompts

If you like journaling from prompts, here are some to get you started. As a practice, try to journal on at least 2-3 prompts per journaling session, and set a timer for 3 minutes per prompt:

- I feel fulfilled when...
- When I'm at my best, I am...
- Some of my biggest challenges are...
- What surprises me most is...
- Things I am thankful for are...
- What often holds me back is...
- My strengths are...
- Values that are important to me are...
- What would support me is...
- What I appreciate about myself is...
- Things that motivate me are...
- What makes me feel loved is...
- In the next year, I really want to...
- Qualities I admire in others are...
- Things that drain my energy are...
- Things that bring me alive are...
- Things I need more of in my life right now are...
- Things that are going well in my life right now are...
- What would make me happy right now is...
- Things that I can acknowledge myself more for are...
- I depend on others for...
- Others depend on me for...
- What's in my heart is...
- I feel inspired by...
- Things I tend to avoid are...
- What is most important to me is...
- Things I can do to take care of myself are...
- Life is calling me to...