

PUTTING PEN TO PAPER



For me journalling is a positive exercise of exploring, releasing, gaining insights and increasing understanding. Done regularly it can really help us get more clarity on our feelings, emotions and help us realign with who we are and what we are wanting from life. Get your journal out. Choose a prompt. Stop. Breathe. Set a positive intention and then get writing!

50 JOURNALLING PROMPTS

Journalling has been part of my life for a while. I feel so much better when I do it every day. It gives me clarity and confidence. It can be an outlet, a way to release whatever may be going on for me at the time. It can be a way of getting out of my head, as well as a sounding board when I am creating or am facing a dilemma.



This list is for you to get your mind moving, help you become more aware. It may help to settle your mind and create momentum, by describing where you are, what you can see, smell, feel and then continue with the following...

GETTING TO KNOW YOURSELF

- 1. The words I'd like to live by are...** - Every company has a motto of some sort, what's your personal one?
- 2. I am inspired by...** - Being aware of what inspires us helps us to get more of that good stuff in to our lives! Who inspires you? What inspires you?
- 3. If I loved myself unconditionally, I would...** - How can you bring these thoughts/actions into your world today? The subconscious doesn't know whether you believe yourself or not, it just loves hearing the positive messages and seeing loving actions, so go for it!

4. I really wish others knew this about me... - Do you recognise yourself enough for these things?

5. I am happiest/most energised when... - How can you bring these things into your life more?

6. The kindest thing I can do for myself is... - Can you start? What's stopping you from doing it now?

7. When I am my true self, I... - When do you feel most empowered and aligned?

8. I start being me by... - Amongst the busyness of life we can forget who we really are, what is important to us.

9. What really matters most to me is... - Come from the heart, what are your values?

10. 30 things that make me smile are... - Go on, write down all the big and little things that come to your mind.

11. What would my older self tell my current self?





Be
kind
to
yourself
now
and
always



RIGHT NOW, RIGHT HERE

12. What do I need to hear? - When we look outside of us for compliments and praise, chances are we are not passing on those messages to ourselves. How can you tell yourself what you need to hear?

13. What do I need with me today? - Think beyond the wallet, the keys and the mobile phone. What characteristics, what strengths will I be drawing on today? By highlighting them this way, reminds us that we have everything we need already inside of us!

14. Today I would like to create... - Maybe it is something with your hands, but maybe it's a feeling, a loving home, some good connections, what else?

15. I am smiling today because... - Did you know that even if you are not even feeling particularly smiley, yet you manage a smile, that can still have positive effects on your mind and mindset. See point 3 about your subconscious.

16. What's on my mind right now? - Not one for the Dear Diary saga(!) but if there is something you feel is coming up quite frequently or you feel unable to resolve, try writing it out, and see if new insights come up.

17. Who am I today? - What have you got lined up for today? How do you want to show up? What sort of parent, what sort of job applicant? What sort of friend? What sort of colleague?

18. What am I thinking? - Working on something at the moment, looking to resolve something? Delve into what your thoughts are on this...

19. What do I want to share today? - May be experiences, stories, love, connection, laughter, conversation. May be something you want to give or to experience?

20. How do I feel? - Focus on something you are feeling. How is it showing up, where is it in your body? What is going on? What is underneath it?

21. I feel stuck. What do I do now? - Once you have written the question, pause and then let the pen take over and see what comes out.

22. What was awesome about today/last week/the year? - To be used whatever sort of time it's been. There are always things to be grateful for, think tiny, so it can be a good one whether you've had the best or the 'worst' time...

23. Please may I have some help with... - What are my options?

24. What are the different ways I could resolve this situation?



THE PAST

25. If I could talk to my teenage self, the one thing I would say would be... - What did you need to hear when you were younger? Start sharing it with yourself now, your inner child will appreciate hearing the compassion.

26. What did I learn from today/that incident/the last year? - Life happens. Things don't always go to plan. But we can always learn. Take away why did this happen to me, replace it with - what can I learn from this?



27. Did something happen at a certain age? - Can you write to yourself at that age, telling you what you needed to hear?

28. What is one of the best things that has ever happened to you? - Write about it to relieve the memory, rejoy the subconscious, embed some more positives.

29. Pick one of your negative core beliefs, what do you have to say to it? - Those stories that aren't helpful and can sabotage, how can you reassure yourself its not true.

FUTURE

30. By trusting the process I will be able to... - Sometimes it can be hard to understand where we are at, or why we are experiencing what we are. By trusting more it can help to ground us, and reduce the noise that can go round and round in our heads.

31. By creating more space in my life I could... - Often we are keen for change, or want to bring something or someone new into our lives, but do we actually have that space? What things in our daily week need to be changed/tweaked to enable this to happen?

32. If I didn't struggle with... I would be... - There may be things we can't change, but are there stories/beliefs/thoughts that you have lived with for far too long? How would it feel if you weren't battling with them anymore? Who could you be?

33. How can I step up? - What are some small steps that you can take to get you moving in the direction you want to be?

34. I love myself, therefore... - A great way of recognising ways of showing ourselves respect, value, worth, love.

36. What do I need to know? - Sometimes we don't know what we don't know. By asking this question, it can invite other thoughts/ideas into the mix!

37. When I grow up I want to be... - Not just one for kids! Who do you want to be when you're older? What do you want to be able to reflect on? What legacy will you have created?

38. Fill in the gap: I would like more in my life. - Explore how you can get that. What would it feel like when you do?

39. Imagine yourself a year from now, writing to your current self. - Share all the awesome things that happened at that time. Then tuck it away to read the same time next year...

MY BODY AND I

40. What's going on in my body? - Often our body is trying to communicate to us through pain, symptoms, feelings. What is it trying to share with you?



41. Write to a particular part of your body. - Show it some love, does it deserve an apology for the way you have spoken about it, how can it know you are listening?

42. If my body could talk, it would say... - Let it get on that soapbox and share some feelings!

43. I could respect my body, and ultimately me, more by... - One of the fundamentals of self-love is showing our body that we value, care and respect it. How is your body asking for that to be done?

SOME MORE IDEAS

44. Thank you my friend / my mother / my grandfather. I appreciate you because... - Remember they don't need to be alive.

45. Who can you write a letter to? - How can you download all your feelings about whatever is going on, good/bad/ugly. Remember don't wallow, just get your beliefs/opinions across, again, they don't have to be alive. If it feels like it's something you won't want to hold on to, then write on something separate from your journal, and dispose of it as you wish.

46. Open a book on a random page, pick out a word, thought, idea. - What do you think of it, what does it bring up for you?

47. Journal from somewhere different. - Change a location and describe it in detail. I am journaling from here today because...

48. What are my thoughts around that conversation/piece of advice/picture/article?

49. Notice the changes in your surroundings and yourself. - If you walk the same way to work/shops each day or maybe the view changes with the different seasons, what can you notice about the changes, any parallels to how you are feeling?

50. Reflect on a quote/favourite song lyrics. - What emotions does it evoke in you?

... let it become
a part of your life.



*Journal so
you can
hear your
soul
talking...*

