

# JOURNALING

journaling is the process of regularly writing down your thoughts, feelings, ideas, experiences and reflections. journaling doesn't really have any rules - it's personal to you and a tool to help you collect thoughts.

## WHY JOURNAL?

### Understand your thoughts & feelings

Writing things down helps you make sense of what's going on in your mind, and take control of your thoughts. It's like sorting out a messy room, everything becomes clearer once you lay it out.

### There's no judgement

Your journal is a place where you can be 100% honest. You don't have to impress anyone or hide anything, so you can express yourself wholeheartedly.

### Reduces stress & overwhelm

Putting your worries on paper gets them out of your head. It often makes problems feel smaller and easier to deal with.

### Boost mood & spark creativity

Journaling helps lift your spirits by giving you a positive outlet for your emotions and a place to celebrate the good things in your day. It also frees your mind to wander, explore ideas, and unlock creative thoughts you might not notice otherwise.



## TOP TIPS!

### Start small

It doesn't have to be pages and pages, just some bullet points, sentences, words or pictures is enough.

### Find your space

Work out where you can journal, choose somewhere where you can focus and feel relaxed.

### Don't worry about neatness

Messy handwriting, crossed-out words, doodles and mistakes - it's all part of the process!

### Mix things up

Try different styles of journaling and shake it up every now and again. You can use this pack to inspire you.

## WAYS TO JOURNAL



On your phone  
using a notes app  
or a journal app.



The classic  
pen and  
notebook.



A book with  
drawings, collages,  
and creative  
expression

...or any way you like!

## 3 things you are grateful for each day

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	<a href="#">Click here to download a printable gratitude journal.</a>

**Top Tip:** It might be helpful to choose the same time each day to do your journaling so it becomes part of your routine. It could be before bed or after school for example.

# GRATITUDE JOURNALING

Phase 

A gratitude journal is a place to write down the things in your life that you are thankful for. They can be really tiny things, a smile, sunshine, a good snack or a conversation with a friend. It is a time to focus on the joy, calm, awe and comfort of everyday.

## Why should you keep a gratitude journal?

Making a note of things you are grateful for each day allows us to take stock and reflect on the good of the day, especially as our brains tend to focus on the not so good bits.

It trains our brain to tune into the good stuff happening in our life, the more we notice it, the more able we are to find it.

Overall it improves our happiness, optimism, wellbeing and sleep, building our resilience and reducing our stress.

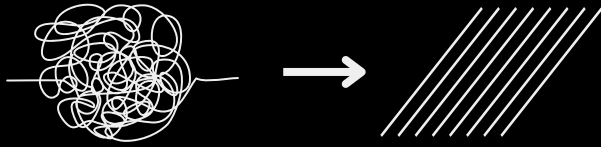
~ ” ~  
Gratitude journaling helps me to notice good stuff, even on bad days and to be intentional about celebrating when things go well. It has had a hugely positive impact on my mindset and perspective!

-James

## How to do it

Each day, write down 3 things you are grateful for. Take a moment to reflect and consider what you appreciate today. They can be big things or tiny things.

# BRAIN DUMPING



Brain dumping is a way of decluttering and organising thoughts that may feel busy and messy in our head.

By writing them down it helps reduce our mental overload, freeing up space for our minds to think, remember and process properly therefore reducing anxiety and improving focus.

So grab a blank page in your journal, or use the space on this page here to brain dump.

It could be in a list, mindmap or any other way that you want but empty all that's on your mind - the worries, to-dos, song lyrics, WhatsApp messages and thoughts. There are no limitations or rules!

You could do this each morning. Turn to a fresh page and start with "Today is going to be a great day..." then brain dump anything and everything on your mind.



# EXPLORING EMOTIONS

## Journal Prompts to help you explore emotions

What emotion have I felt the most this week, and why?

What's something I'm afraid to say out loud but feel safe writing here?

What made me feel proud recently?

When did I feel overwhelmed, and what helped me calm down?

What's one feeling I avoid and why?

What thoughts are taking up the most space in my mind today?

Describe a moment when you felt calm and safe.

What drains my energy? What gives me energy?

What do I need today emotionally, physically, or mentally?

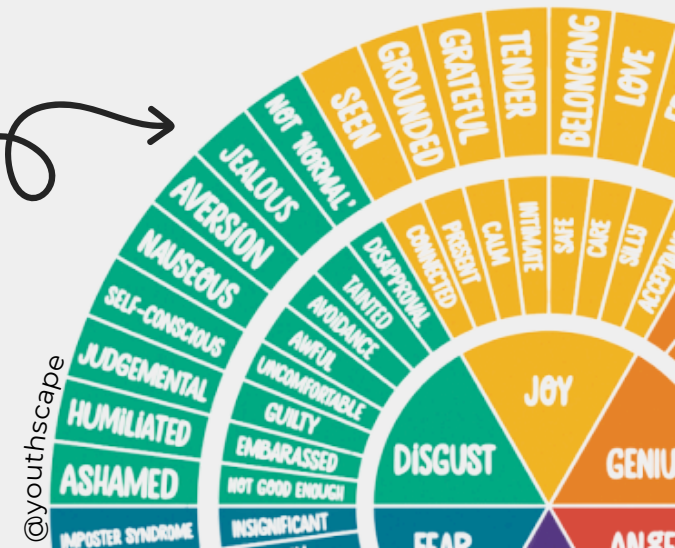
If my emotions could talk to me, what would they say today?

What's a recent situation where I reacted strongly?  
What was underneath that reaction?

## Why is journaling about emotions helpful?

- Writing expressively about how we are feeling about aspects of our lives or situations helps us to understand our thoughts and feelings around it, reducing worry, stress or anxiety.
- It allows us to name our feelings, making it easier to handle them.
- It helps us dig a little deeper, perhaps understanding triggers, patterns and thoughts that might not be obvious right away.
- Journaling about emotions helps us to release bottled up feelings that we may have been holding onto for a while.
- We can celebrate the good feelings and enjoy those too!
- Writing helps us talk about feelings in real life too. The more you practice putting emotions into words, the easier it becomes to communicate them to others such as friends, family, or someone you trust.

Using a feelings wheel can be a great way to give a name to some of the things that we are feeling. Look up 'Emotions Wheel' to find one that suits you.





You can also use your journal to do some action planning and take some steps towards goals and overcoming fears and anxieties.  
Check out these ideas below!

# CONQUERING YOUR FEARS

'Fear Setting' (Tim Ferriss) is a reflective exercise used to help you think more clearly and take action when fear may be holding you back. Take a chunk of time and make 3 lists in your journal to reflect on and work through.

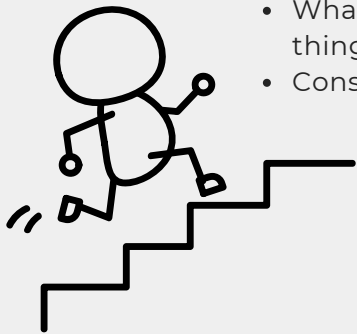
## Define

In this section write down a list of worse-case scenarios.

- What is the worst thing that could happen?
- What might go wrong?
- List your 'what-if's'.
- Write it all down, don't hold back!

## Prevent

- What can I do to prevent each of the worst things from happening?
- Consider big actions and small actions.



## Repair

- If those scenarios were to become true, what actions could you take to repair the damage, or get yourself back on track?

## Final questions:

What are the benefits of an attempt or partial success?  
What could be the impact of not doing the thing that scares me?

# GOAL SETTING



## 1- Set your goal

What is your goal? Make it specific!  
How will you know when you have achieved it?  
When do you plan to achieve your goal?  
What impact will this goal have?  
Who are you going to ask to keep you accountable?

## 2-Break it down

Break it down into manageable chunks.  
What small steps do you need to take to reach it?  
What can I start today?  
Are there any habits I need to change? You can use the habit tracker below to help build consistency.

## 3-Review

How are you getting on? What progress have you made?  
What can you celebrate?  
What other steps might you need to take?  
What have you learnt from the process?

Habit tracker																				
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## Art Journaling

Art journaling is a way of expressing your thoughts and feelings through creative media. Grab any resources you like, paint, pens, stickers, stamps, papers or anything else!

You don't need to be a skilled artist. The focus is on the process not the end result so doodle, create, write, paint and create anything you like in your art journal. Look online for art journaling ideas, prompts and inspiration.



## Story Moments

This is a technique used to reflect on your day. Each day write down the most story-worthy thing that happened to you today. As you begin to delve into turning moments into stories you will begin to notice those moments more than you used to.

***"Sometimes these small, unexpected moments of beauty are often some of our most compelling stories"***

-Matthew Dicks

## OTHER JOURNALING IDEAS & PROMPTS

## Bullet Journaling

Bullet journaling is a paper based form of journaling that tracks tasks, habits with a focus on productivity and mindfulness.

It uses a structured system laid out in your journal to plan, track and log. Search 'Bullet journaling' to find information and inspiration.

## Prompt Ideas

- What did I learn about myself this week?
- What's something I've overcome that I don't give myself enough credit for?
- What do I value most in friendships?
- What part of school feels the easiest for me right now? What feels the hardest?
- What are the biggest sources of stress in my life right now?
- When do I feel most like "me"?

You can find more prompts on our instagram here [@phasehitchin](#)

