

# Benefits of Journaling

- **Increasing self-knowledge:** what brings you joy; what depletes you; what you're grateful for
- **Releasing painful thoughts and feelings:** I hate everyone; I'm overwhelmed; I feel lost; I am worthless
- **Finding solutions:** breaking down a problem into smaller pieces; brainstorming ideas to move forward
- **Monitoring growth:** where you feel stuck; where you're progressing

## 7 prompts to get going...

- 01 What are 3 things you would do if fear wasn't stopping you?
- 02 What is something you've done that you didn't think was possible?
- 03 What do you like most about your best friend (person or pet)?
- 04 What are 3 things you would tell your teenage self?
- 05 What would people say about you when they meet you for the first time? Is this true?
- 06 What do you do best? Where does this show up in your work?
- 07 What is something you used to believe? What led to this change?