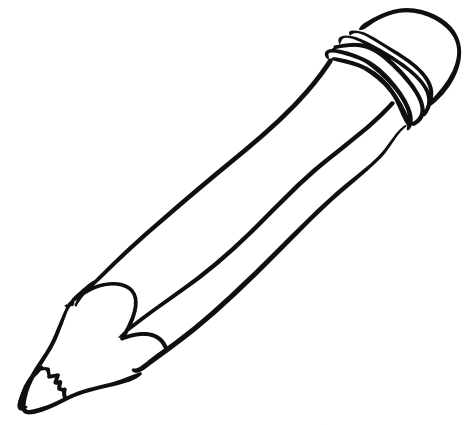


# Journaling Prompts/Tips



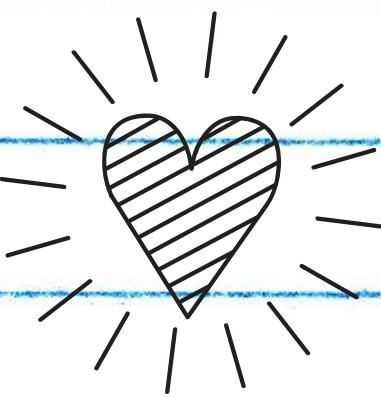
1. Start writing about where you are in your life at this moment. Describe your current situation and your relationships. Are you right where you want to be?

2. For five to ten minutes just start writing in a "stream of consciousness." Don't edit your thoughts or feelings and don't correct your grammar. Don't censor your thoughts.

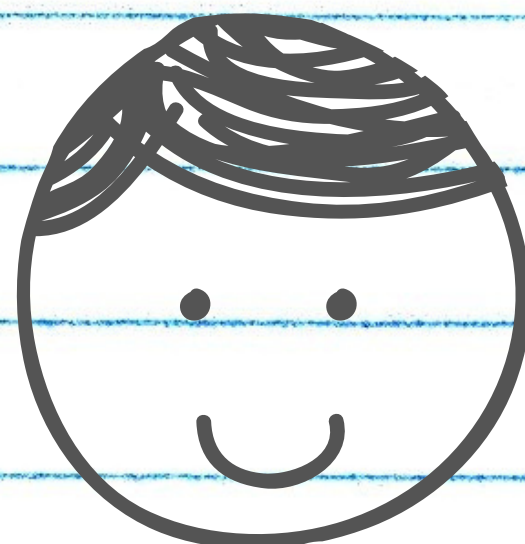


3. Start a dialogue with your inner child by writing in your subdominant hand. Answer with your dominant hand. What issues emerge?

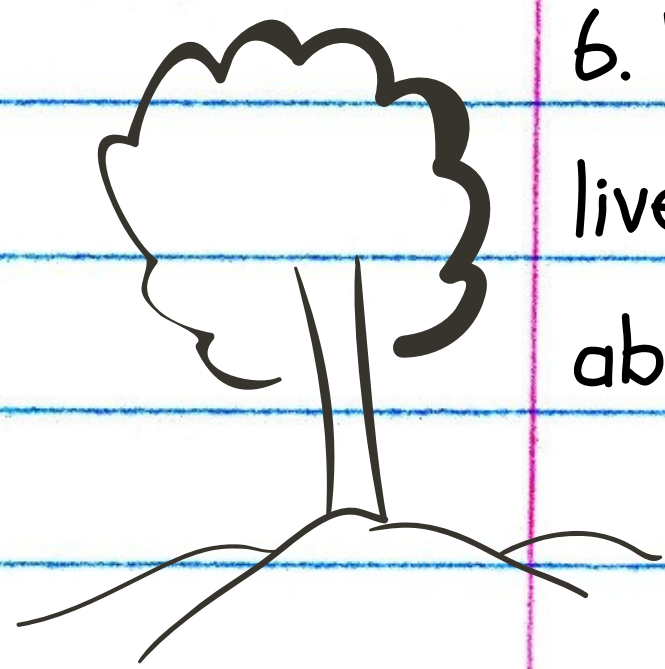
4. Cultivate an attitude of gratitude by maintaining a daily list of things you appreciate, including uplifting quotes. Keep it in one journal or in a separate section so that you can read through it all at once. When you feel down you can read through it for a boost of gratitude and happiness.



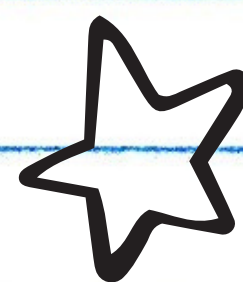
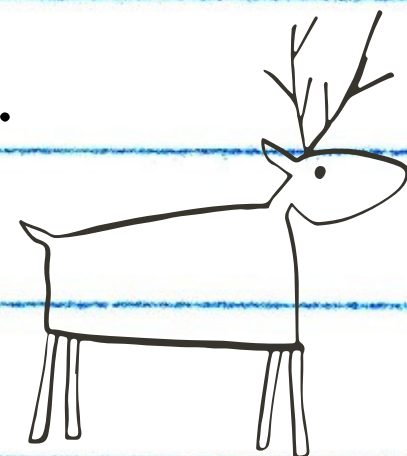
5. Start a journal of self-portraits. You can take pictures, draw colors or shapes, or collage images. Learn to love and accept yourself just the way you are today.







6. Keep a nature diary to connect with the natural world. The world we live in is a magical and mysterious place. Record the things you notice about the sky, the weather, and the seasons.

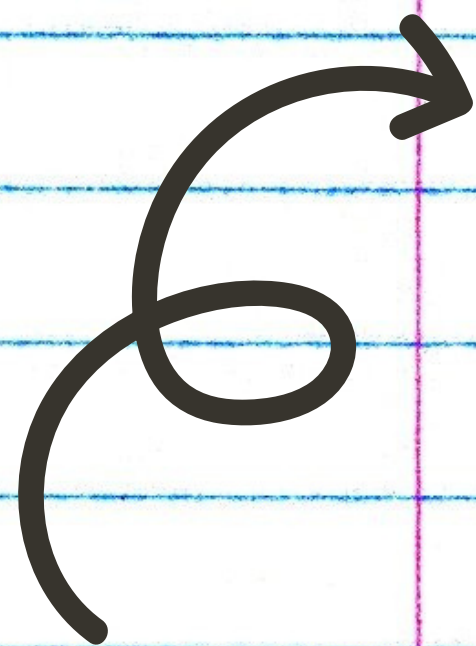


7. Maintain a log of successes. Begin by writing the big ones you remember then regularly jot down small successes that occur during the week. As you pay attention, your list will grow and inspire you.



8. Keep a log or playlist of your favorite songs. Write about the moods they evoke. When you hear a song that triggers a strong memory, write down how you feel and explore that time and space of your life.

9. If there's something you are struggling with or an event that's disturbing you, write about it in the third person. This will give you distance and provide a new perspective. Write down what you learned about yourself.



10. Develop your intuition. Write down questions or concerns then take a deep breath and listen for a response from your Higher Self. Let yourself write automatically. If you don't get an answer right away, look for signs during the day.

