

Journalling Guide

Journalling gives your thoughts somewhere to go, rather than looping quietly in your mind. There is no need to write neatly, completely or in full sentences, whatever comes out is enough. This guide offers prompts for different moments in your day, and different kinds of days.

Starting a journalling habit

1**Keep it low pressure**

A few honest lines matter more than a perfectly written page.

2**Choose a consistent moment**

Morning, evening, or whenever tends to suit you best.

3**Let it be private**

This is for you, not for anyone else to read or judge.

Morning prompts

What is on my mind as I begin today?

What is one thing I would like today to include?

Evening prompts

What is taking up the most space in my mind right now?

What is one small thing that went okay today?

Prompts for stress or overwhelm

What would I say to a friend who felt the way I feel right now?

What is one small thing that might help, even a little, in this moment?

Prompts for gratitude and growth

What is something I handled better than I expected recently?

Who or what am I grateful for today, however small?
