



Your Guide to JOURNALING

Written by
Jonathan Riley

MYND

Welcome to MYND Practice

Hi There!

MYND Practice was founded to help our emotionally crippled society heal by providing compassion, communication, and a sense of belonging. We are dedicated to social change that helps bring about initiatives that better people's lives.

MYND Practice believes it can make a difference in the way society approaches mental health, helping to create a more stable, happier, and fulfilled society.

MYND Practice has been dedicated to fulfilling its mission of inspiring and giving people hope by assisting them in making positive changes in their health, relationships, businesses, and finances.

Counselling isn't just about making a bad life good, but making a good life great. It's about building a brighter future for yourself and your loved ones. Our single focus is helping you achieve what's most important to you.

Jonathan Riley

MYND PRACTICE FOUNDER

Hi, I'm Jonathan Riley. I have dedicated my life to the field of mental health as a writer, educator, counsellor, and speaker.

No matter where you are on life's journey, you are welcome here.





WELCOME *to your* JOURNAL!

This guide teaches you how to claim the life you desire and become happier through journaling.

We keep a lot of things in our heads, but we put less down on paper. All those thoughts and ideas bouncing around can sometimes feel overwhelming. You have to-do lists, hopes, dreams, secrets, failures, love, loss, ups and downs. Ideas come and go, feelings pass.

How do you remember all of them? How do you keep them organized? A great way to keep your thoughts organized and clear your mind is to write them down in a journal. Writing is a great exercise for anyone and by expressing yourself in a personal place is a wonderful way to stay sane.

INTRODUCTION

Keeping a journal of what's going on in your life is a good way to help you distill what's important and what's not.



JOURNALING OVERVIEW

Today, journaling is widely accepted as a means for cultivating wellness within a whole person health approach which includes the emotional, physical, psychological and spiritual dimensions of well-being. Journaling is being used across various disciplines, such as sports, education, psychology, leadership, business, health, creative writing, and counselling fields, as a powerful tool for learning and growth.



STARTING YOUR JOURNAL

To start a journal, you just need to be willing to write. You don't have to write well, you just need to want to do it. You don't even need to decide what to write, you just need to let your words flow. Once you've decided you want to create a journal, here is a list of instructions to guide you.



Set up a schedule of when you plan to write in your journal. Pick a time and the days of the week you will want to write and create a timely calendar reminder, so you don't forget. By scheduling the same times, journaling will become a natural and regular part of your agenda that you can look forward to.



Discover Your Ideal Journaling Style

Morning Pages

This type of journaling consists of three pages of free-flowing writing done first thing in the morning. Write whatever comes to mind, without much thought, in order to tap into your creativity.

Affirmation Journaling

Choose a favourite positive affirmation to elaborate on; it can be about your personal development, career, money, relationships, or anything else that is important to you.

Bullet journaling

This method can help you organise your thoughts into a trackable format, so that you can keep tabs on your mood, as well as your progress on tasks and upcoming events.

Visual Journaling

If you find that pictures convey more than words when it comes to describing your thoughts and feelings, then a visual journal is a great way to process your feelings through illustrations.

Brain Dump Journaling

This method can help you organise your thoughts into a trackable format, so that you can keep tabs on your mood, as well as your progress on tasks and upcoming events.

Journal to Heal

When you feel as though everything in your life is falling apart, journaling of this kind can be an efficient way of processing grief, trauma, and other forms of emotional pain.

Gratitude Journaling

Keeping a gratitude journal is a powerful way to form the habit of being thankful, which has been shown to increase one's happiness, sense of well-being, and even physical health.

Problem-Solving Journaling

Keeping a gratitude journal is a powerful way to form the habit of being thankful, which has been shown to increase one's happiness, sense of well-being, and even physical health.

LET'S *Get* STARTED

DATE YOUR ENTRY

It is important to date each journal entry so that you can go back and see how you felt at different points in your life.

By taking action,
you are one step
closer to the life you
always desire!



ASK YOURSELF QUESTIONS

What has happened that day? How did that make you feel? Are you excited about anything? Why? Reflect on the thoughts and feelings you've been having.



DIVE IN AND START WRITING

It is easy to begin sentences with, “I feel,” or “I think,” or “I wonder.” When starting a journal, it's fine to just jump right in and start writing about whatever is on your mind.

WRITE NATURALLY

When writing, don't feel like you have to follow any form or structure. Just do what comes naturally follow your train of thought and see what kind of writing follows.

WRITE QUICKLY

Don't let writer's block stop you from writing. It's always difficult to stop and start again, so keep writing even if it doesn't make sense. Don't think too much about the words you are putting on the page.

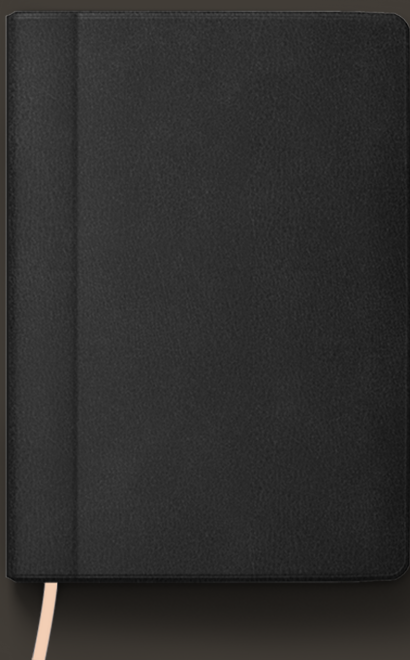


WRITE HONESTLY

You are the only one who will ever read your journal, so don't hold back. Be real with your thoughts, feelings and opinions. You want your journal to be a true reflection of yourself and the times you're writing about.

*Choose to start
right now.*

*Not tomorrow,
right now.*



WRITE LETTERS

There are times in your life when you wish you had said or didn't say something to someone. Think about writing letters that you will never send as they are great outlets for honest thoughts

PRACTICE

Write as much as possible writing will become easier you more you do it. Get into the habit of writing on a regular basis, and your entries will begin to flow naturally.

THE *Seven Day* *Journal* CHALLENGE



We hope that the daily journaling prompts and questions we have prepared for you will help you get started on your journey.

Each day, you will be presented with new questions to consider, each of which will explore the concept from a different perspective and help you delve deeper into your reflection. These journal writing prompts are designed to help you pause, reflect, dig deep, and learn a little more about yourself. So, we want to challenge you this week to take 5–10 minutes every day to reflect on the events – both good

and bad – that you experience each day. Keeping a journal can help you learn from adversity and express appreciation for the good things in your life. Studies have shown that just a few minutes of journaling a day not only helps you unwind, but also inspires self-confidence, improves communication, enhances your memory, reinforces mindfulness, and helps you achieve your goals.

Morning Gratitude Routine

Date: _____

Today I want to feel...

Today I will spread kindness by...

My affirmation for today is...

My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."

Morning Gratitude

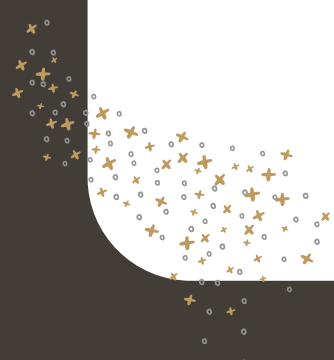
Date: _____

Today I want to feel...

Today I will spread kindness by...

3 things I'm grateful for today are...

"Happiness is a habit."



TODAY'S *Date*

/ /

DAILY JOURNAL ~ DAY 2



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."

Morning Gratitude Routine

Date: _____

Today I want to feel...

Today I will spread kindness by...

My affirmation for today is...

My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious

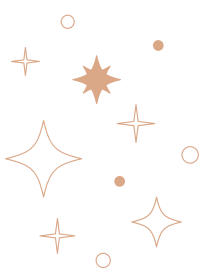


Playful



TODAY'S *Date* / /

DAILY JOURNAL ~ DAY 3



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."

Morning Gratitude

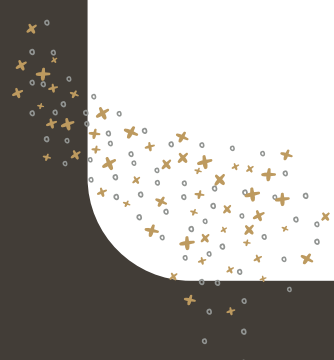
Date: _____

Today I want to feel...

Today I will spread kindness by...

3 things I'm grateful for today are...

"Happiness is a habit."



TODAY'S *Date* / /

DAILY JOURNAL ~ DAY 4



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."

Morning Gratitude Routine

Date: _____

Today I want to feel...

Today I will spread kindness by...

My affirmation for today is...

My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



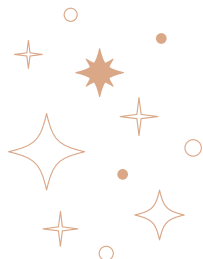
TODAY'S

Date

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DAILY JOURNAL ~ DAY 5

A series of horizontal lines providing a structured space for journaling.



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."

Morning Gratitude

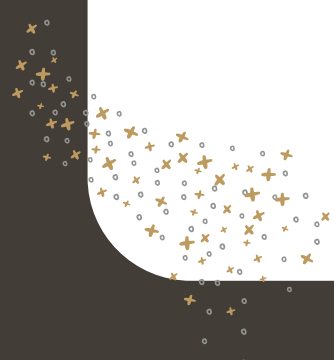
Date: _____

Today I want to feel...

Today I will spread kindness by...

3 things I'm grateful for today are...

"Happiness is a habit."



TODAY'S *Date*

/ /

DAILY JOURNAL ~ DAY 6



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."

Morning Gratitude Routine

Date: _____

Today I want to feel...

Today I will spread kindness by...

My affirmation for today is...

My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."

Conclusion

"Learn interior design from a professional."

Studies have shown that just a few minutes of journaling a day not only helps you unwind, but also inspires self-confidence, improves communication, enhances your memory, reinforces mindfulness, and helps you achieve your goals. Writing a journal should be an enjoyable experience. Have fun with your writing and take pleasure in it. Writing in your journal shouldn't be a chore. It should be something you look forward to doing, so make it a fun exercise.



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THANK YOU!

We're so grateful to have you as a customer, and we hope you love what you're getting. Get in touch with us if there is anything else we can do for you.

“Knowing yourself is the beginning of all wisdom” — Aristotle

Jonathan Riley

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