

GET JOURNALING!

Journaling enriches your relationship with yourself & life

Which of the 13 ideas below most inspire you?

G **GIVE YOURSELF PRECIOUS TIME TO REFLECT**
Journaling offers us a purposeful pause to think and reflect on our lives—and take better care of ourselves.

E **ENJOY EXPRESSING YOURSELF!**
Have fun with your journaling!
Remember that words have power & energy—so write freely and openly.

T **TRUST YOURSELF ON THE PAGE**
Whatever you write is right. Trust the journaling process & allow your inner truth out.



J **JOY AND CREATIVITY CAN BE FOUND THROUGH JOURNALING!**
Let your creativity flow—write a poem, draw, paint, collage and more! Explore & play on the page to get closer to joy.

O **(BE) OPEN-HEARTED AND KIND**
We all need to be kinder to ourselves. Deepen your self-compassion as you open your heart to you.

U **UNDERSTAND YOURSELF MORE FULLY...**
What lies underneath? Why do you do what you do? Who & what matters most to you? Get to know yourself—deeply!

R **REMEMBER TO MAKE MEANING FROM YOUR LIFE EXPERIENCES**
Our stories are what make our lives meaningful. Reflect on important life moments to learn and grow.

N **NATURE IS A GREAT PLACE TO JOURNAL**
Where you journal can make a difference. For powerful insights, get out in nature or look out at a beautiful vista!

A **ANYTHING GOES - BUT STAY CONNECTED TO THE POSITIVE!**
Our journals are a great place to vent *and* cultivate gratitude. Writing about good things focuses our attention on the positive—and strengthens resilience.

L **LEAVE THE CRITIC AND CENSOR BEHIND**
Censoring and criticism stifles and suffocates us. What we write is for us alone. Journaling = no judgement!

I **INSPIRE YOURSELF FROM WITHIN!**
Everything you need to get inspired is already inside you, so use journaling to get motivated. Slow down & connect to your own ideas, insight—and brilliance!

N **NOTICE WHAT MATTERS**
Journaling is a powerful way to observe our inner *and* outer world. What do you notice within and around you?

G **GUARD YOUR PRIVACY!**
Location, location, location... Look after your journal!
These are your innermost thoughts, and they need to be kept safe.

**FINALLY, CHOOSE 3
ACTIONS YOU
WILL TAKE TO
GET JOURNALING:**

