

Create Your Own Journal

Journaling is a practice to learn more about yourself. It is a time to self-analyze, self-discover and self-reflect. It is a practice to do on your own, it can be freelance or a series of questions, and it can be at any time in the day. It could be 10 minutes in the morning while you enjoy your coffee or the last thing you do before bed.



Journaling is a tool that can be used to enhance your overall wellbeing. Wellbeing can be defined several ways. A simple definition from Oxford dictionary is ‘wellbeing is a state of being comfortable, happy and healthy.’ What influences your state of wellbeing? It can be from many aspects of our lives; physical, mental, emotional, social, financial, and spiritual. Journaling can allow you to focus on each aspect and help you become more conscious of your wellbeing.

Creating your own journal gives you the freedom to include the questions relevant to you. To begin journaling, decide on a time of day for the activity, get a blank notepad. You can write freely without structure or use guided questions. Below is a list of questions to act as prompts to begin your practice of journal. Enjoy this time of self-care.

Morning Journal

- How are you feeling today?
- Write down three things that you are grateful for today.
- Write down three things that will get you closer to where you want to be in the future.
- Write down three people you would like to socially connect with today.
- How will you fuel your body today?
- How will you nurture your mind today?
- What movement will you give to your body today?
- Take a moment, write down any worries/thoughts/concerns to store for the day ahead.
- Write down a moment of happiness from yesterday? What or Who put a smile on your face?
- Daily Affirmation, I am...

Evening Journal

- How did you feel today?
- Did you learn something new about yourself today?
- Who did you connect with today? Did you have a significant conversation with someone?
- Write down three things that happened to you today.
- Is there anything you could have changed to make the day better?
- How did you move your body today?
- Did you notice something new in your routine today? On your daily walk/commute to and from work
- What made you smile today?
- Write down three things you were grateful for today.
- Take a moment, write down your thoughts, worries, concerns to close today, and prepare for a new day tomorrow.