



The practice of journaling cultivates self-awareness and helps you become more aware of your thoughts and emotions.

Search Inside Yourself introduces two types of journaling:

1. Freeflow: writing stream-of-consciousness
2. Deliberative: taking time to think and reflect while writing

## Tips for Journaling

- It's best if your journaling is just for you - no one else needs to read what you've written
- Journal by writing your thoughts on paper vs. using a computer or other electronic device
- Allow your thoughts to flow onto the page without stopping to edit or judge; there are no "right" or "wrong" thoughts when it comes to journaling
- Do not worry about grammar or spelling; what's important is to let your thoughts flow
- When "freeflow" journaling, keep writing until time is up. If you get stuck and have nothing to write, keep writing, "I have nothing to write..." until a new thought emerges
- When you're done writing, take a few minutes to read over what you've written and reflect on what you discover

## Prompts

If you like journaling from prompts, here are some to get you started. As a practice, try to journal on at least 2-3 prompts per journaling session, and set a timer for 3 minutes per prompt:

- I feel fulfilled when
- When I'm at my best, I am
- Some of my biggest challenges are
- What surprises me most is
- Things I am thankful for are
- What often holds me back is
- My strengths are
- Values that are important to me are
- What would support me is
- What I appreciate about myself is
- Things that motivate me are
- What makes me feel loved is
- Things that drain my energy are
- Things that bring me alive are
- What would make me happy right now is
- I depend on others for
- Others depend on me for
- What's in my heart is
- I feel inspired by
- Things I tend to avoid are
- What is most important to me is
- Things I can do to take care of myself are
- Life is calling me to
- Qualities I admire in others are