

YOUR NURTURED MIND

JOURNALING *prompts*



BY RACHAEL FOWLER

Welcome

Before you dive into the pages I want to take a moment to shine a light on the incredible benefits of journaling.

Much like mindfulness, journaling offers a space for self-reflection and personal growth. By putting pen to paper, we can explore our thoughts, emotions, and experiences in a safe and private environment.

Journaling has been shown to reduce stress, improve mood, and enhance overall well-being. It allows us to gain clarity on our thoughts and feelings, identify patterns and triggers, and cultivate a deeper understanding of ourselves.

Journaling can also serve as a powerful tool for goal-setting, problem-solving, and creative expression. Whether you're jotting down gratitude lists, brainstorming ideas, or simply venting frustrations, the act of journaling can be incredibly cathartic and empowering.

In the following pages you will find three different types of journaling exercises that I think you might find beneficial. I encourage you to start with these prompts and see where they take you.

My hope is that these prompts would be the start of unlocking a deeper awareness and that you would go beyond these pages into your own notebook for just a few minutes each day. You may be surprised by the profound impact it has on your mental and emotional health.

Happy journaling!



P R O M P T 1

Gratitude

Reflect on three things you are grateful for today, no matter how small they may seem. When working with Gratitude, I recommend asking yourself the question "What worked well for me today?"

• **Potential feelings: Contentment, appreciation, joy, optimism.**

1

2

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P R O M P T 2

Self Reflection

Write about a recent challenge you faced and how you overcame it, or what you learned from the experience. Focus on the strengths you developed or connected with when you faced the challenge. Recognise the growth you

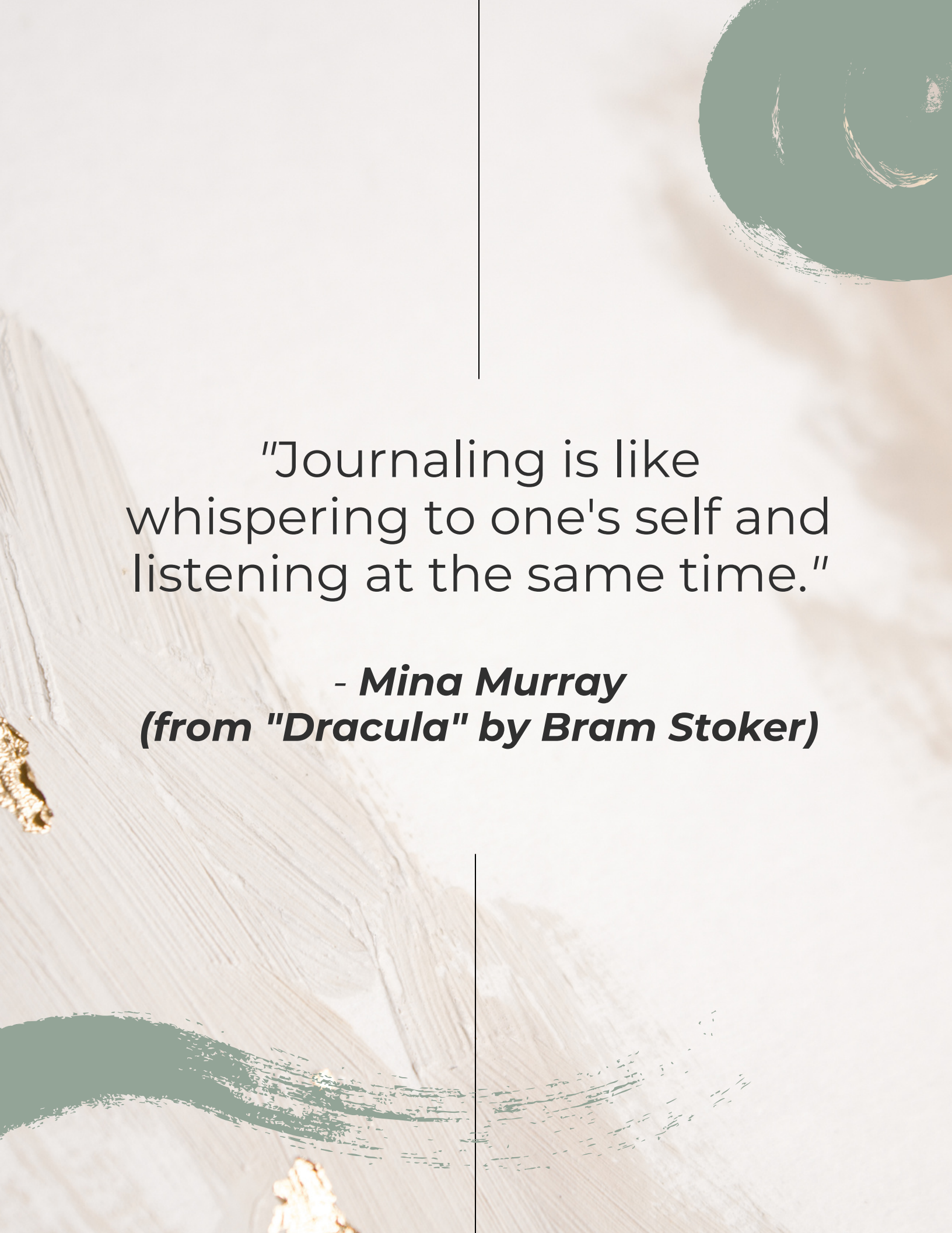
experienced and also consider how you might like to use this strength as you move forward in the weeks ahead.

• **Potential feelings:**
Empowerment, resilience, self-awareness, growth.

YOUR THOUGHTS:

Self Reflection

[illegible]



"Journaling is like
whispering to one's self and
listening at the same time."

- **Mina Murray**
(from "**Dracula**" by **Bram Stoker**)

P R O M P T 3

Future Self

Future self journaling is a strategy that helps your brain create new neurological connections, and can help you to move toward the life you dream of. Engaging in activities that use your imagination also can help to improve your mood.

Imagine your ideal self one year from now. Describe what your life looks like, including your accomplishments, relationships, and personal growth. It helps to write this as if you are living that life today. Eg. "Today I am calm and content... and then go on to imagine and explain what that life might be like".

- **Potential feelings: Inspiration, motivation, clarity, hopefulness, determination.**

Future Self

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Thank-you!

I hope that this has helped you to go a little deeper, give yourself a moment to reflect and a moment to imagine the you that you are becoming.

For more resources to help you on your healing journey, you can head to the resources page on my website. I'm adding more info each month so be sure to check back regularly.

Thanks!

Rach



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