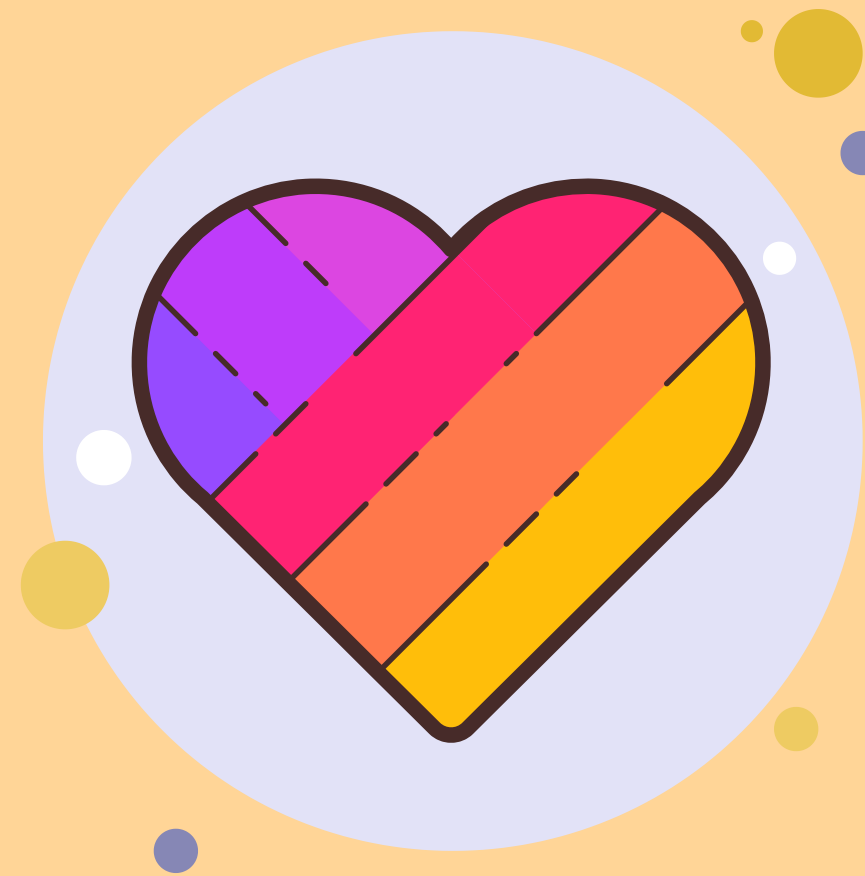


# Gratitude Journaling



This often involves listing three or more aspects of the day that went well or that you are grateful for. It helps you to relieve stress and focus on the positive experiences rather than the negative ones, thereby building your resilience. In the future, when having a difficult time, it can also be used to look back at all the positive things you have encountered.

# Goal Checking



This type of journaling can help you focus on your goals and tracking your progress towards them. Whether for a current project or your daily life, it can be helpful to note down your tasks for the day, and to even break them down by priority. In the evening you can then check whether you completed what you aimed for, and if not, why you didn't.

# Writing Prompts

There are also journals out there that you can purchase that ask you specific questions or give you prompts to reflect on. This is specifically helpful for those that want to dive deeper into their awareness but might not know where to start. But you can also create your own questions.



Here are a few examples:

- Today, what kind of feelings would you like to permit?
- What do you desire to let go on this day?
- Recall a moment when you felt most alive today.
- What made you smile today?

# Daily Check-In



You can use your journal as a simple way to check in with yourself. When did you last ask yourself how you are really feeling? It is a beautiful way to connect with yourself and raise your self-awareness. You can explore how you feel, how your day went or whether you were facing any difficulties.