

# Journaling for wellbeing

## 20 prompts to get you started

Ever tried jotting down your thoughts and feelings? It's like giving your mind a spring clean and getting to grips with what's going on inside.

To feel the benefits of journalling, carve out some time in your day and find a peaceful spot, away from distractions. You might set a time limit or a frequency goal but know that even just 10 minutes daily can have a positive impact.

You can write freely and and jot down whatever's on your mind, with no limits or judgment. Another idea is to try out some of the prompts we've listed below because we get it, staring at a blank page can be daunting.

- How do my mind and body feel today?
- How do I want to feel today?
- What is worrying me at the moment?
- What am I excited about?
- What am I grateful for?
- What makes me feel happy?
- What am I looking forward to?
- What do I need to do more of to look after myself?
- Are there any decisions I need to make?
- What have I done recently that I am proud of?
- How can I make tomorrow even better?
- Is there anything I need to let go of?
- What challenged me today?
- What did I learn today?
- Daily affirmation, starting "I am ..."
- What happened today?
- Who inspires me and why?
- What was the worst thing that happened today?
- What was the best thing that happened today?
- What are my goals and how can I reach them?

### Remember

There is no right or wrong way to journal, do what feels best for you.

