

Journaling Types

GRATITUDE JOURNALING

- Boosts happiness by focusing on positive aspects of life
- Enhances mindfulness and contentment

Example Prompt:

What are three things I am grateful for today?

STREAM OF CONSCIOUSNESS JOURNALING

- Reduces stress by releasing pent-up emotions
- Encourages creativity and spontaneity

Example Prompt:

For ten minutes, write nonstop about a difficult situation

GOAL ORIENTED JOURNALING

- Clarifies priorities and objectives
- Tracks progress and motivates action

Example Prompt:

What are three things I can do today to get me closer to achieving my goals?

REFLECTIVE JOURNALING

- Encourages deeper self-awareness
- Helps process emotions and events

Example Prompt:

What is something I struggled with today that I can improve upon tomorrow?



AM and PM Journaling

Benefits of AM Journaling

- **Clarity for the Day** - Helps organize your thoughts and plan your day
- **Emotional Reset** - Provides a clean slate, allowing you to process lingering emotions from the previous day
- **Increased Creativity** - Morning is often when the mind is most creative and free-flowing

Benefits of PM Journaling

- **Reflection** - Offers a chance to evaluate your accomplishments, challenges, and growth
- **Stress Relief** - Releases thoughts or worries, helping you relax for better sleep
- **Gratitude** - Ends the day on a positive note, fostering appreciation

More Sample Prompts

- What is one thing you're proud of about yourself?
- What does happiness mean to you, and how do you create it in your life?
- What are three things you value most in your life, and why?
- What is one big goal you want to achieve in the next year? Why does it matter to you?
- Who is a role model of resilience for you, and why?
- What are three words you hope people use to describe you?

