



JOURNALING PROMPTS

Below are some journaling prompts that you or your clients may like to use in your journal.

Your journal is personal to you so it should focus on the writing that best suits your style and ability to communicate.

- My favourite day would be...
- List 10 things that make you feel happy?
- List 10 things that inspire you?
- How can I be compassionate to myself when I am in physical or emotional pain?
- I wish other people knew these things about me...
- How does my body feel today? Do I notice any held tension in parts of my body?
- What does self-compassion mean to me? How can I be self-compassionate?
- What are the parts of life you find amazing?
- What makes me feel most energetic and inspired to take action in life?
- What are the things you want to say no to?
- What are the things you want to say yes to?
- Describe your day today and see what unfolds in your writing.
- List some people, experiences, or parts of life that you feel grateful for.
- Identify some recent successes you've had.
- Write about your goals and future dreams that you want to achieve.

Journaling can help us explore our self-identity and the underlying negative thoughts we may hold. Journaling allows a safe space to explore thoughts of shame and fear. Journaling provides a space for problem-solving where any option can be explored and discussed without judgment.

To read more about the benefits of journaling for your mental health, visit our blog post on the below link:
<https://arttherapyresources.com.au/journaling>