

Journaling

Journaling is a daily exercise. Writing about your day offers an objective view of self that may not exist without this experience. Being aware of behaviours, attitudes and feelings gives insight into experiences that may be dysfunctional or unhealthy for you. Making the effort to write on a daily basis also shows the positive things you do for yourself to meet your own needs in healthy ways. Without daily journaling, negatives and positives can become ignored and opportunities to change may be lost. Gain insight into self. Share your discoveries of self in a safe place.

My success today was _____

Where I didn't reach my goals today _____

My feelings around these events are/were _____

My most significant experience today was _____

My feelings are/were _____

I will share, work on, and address these behaviours by _____
