

Journaling Prompts

Another option for journaling is to start with a prompt or question at the top of the page, then simply write whatever comes to your mind.

Again same as with the Morning Pages, there's no right or wrong way to do this, simply let the words flow. I've given some suggested prompts below. Have a look and notice if there's one you're drawn to or that feels right to journal on.

1. Today I'm feeling...
2. The hardest part of my day is...
3. What I wish I could tell you... (this could be to anyone, whoever you feel you'd like to speak to in an open and honest way)
4. The things that help me the most right now are...
5. Write a letter to your younger self. This could be yourself at a specific age or simply younger. What do you want to tell her?

When journaling, just notice what you notice. If you want to re-read it you can but you don't have to. It can be really useful for seeing things from a different perspective. Some things that feel really overwhelming in your head can look different and make more sense when you write them down.

Journaling is meant to be enjoyable, rather than another thing to add to your never-ending to-do list. So how can you turn it into a fun ritual? Maybe cuddling up under a warm blanket to write, having some calming music on in the background, or lighting a candle. It's a great habit to get into, whatever that looks like for you, every day, a couple of times a week, at weekends.



By doing it regularly it becomes familiar to you. When you're having a difficult day or maybe your friend just told you she's pregnant, you have this really useful tool to get out the painful thoughts and upsetting feelings. It helps to release the overwhelming heaviness you're feeling and get back to how you want to feel instead. I really hope you enjoy journaling as much as I do. Give it a go and let me know how you get on or if you have any questions. The best place to get hold of me is over on Instagram, I'm @nicola.headley

