JUNE 8th

← include the date!

what would make me happy right now?

← start small (don't feel you have to spend hours to begin with) You could start with some journal prompts to help get you going. I found this one on pinterest!

Cake! But also a hug. I'm definitely missing my friends at the moment.

Use it as a space to be honest, express yourself and process internal thoughts externally.

↑ you can write, draw, doodle, paint, do a collage, stick photos / images, stickers ...
Use it to capture the different emotions you are feeling, events that have happened, worries you have, things to be thankful for.

TODAY I...

☑ applied for jobs ☑ fed the cat ☐ made a card

"hold on child, things are gonna get better, things are gonna get better, I know they are." - Sparrows and Lilies

↑ include motivational or inspirational quotes or words to songs

TOP TIPS FOR JOURNALLING

← oops!

There is no right or wrong way to journal, it is finding what works best for you. Journaling has been shown to help improve our wellbeing, reduce stress and anxiety, along with helping with sleep. Journaling is a space for you to process, reflect, off load and feel in control. It is for you, not others, so don't worry about making it perfect.

- ☐ FIND A NOTEBOOK AND MAKE IT YOURS
- ☐ FIND A SPACE WHERE YOU CAN REFLECT AND WON'T BE INTERRUPTED
- ☐ USE IT AS A SPACE TO CAPTURE NEW IDEAS, BRAIN DUMP, CREATE MIND MAPS, BULLET POINTS
- ☐ HAVE FUN! RELAX AND ENJOY!