

**Thank you for downloading my class notes.
Enjoy the experience.**

JAtH

JOURNALING

My new life map



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A hospital subsidised class presentation

MOST PEOPLE WHO START JOURNALING QUIT

- They don't know **WHY** they must journal.
- They don't know **HOW** to journal.



WHAT IS WELLNESS JOURNALING?

A reflecting tool to help improve your mental health through *planning*, *organizing* and *tracking* your life.

SELF CARE

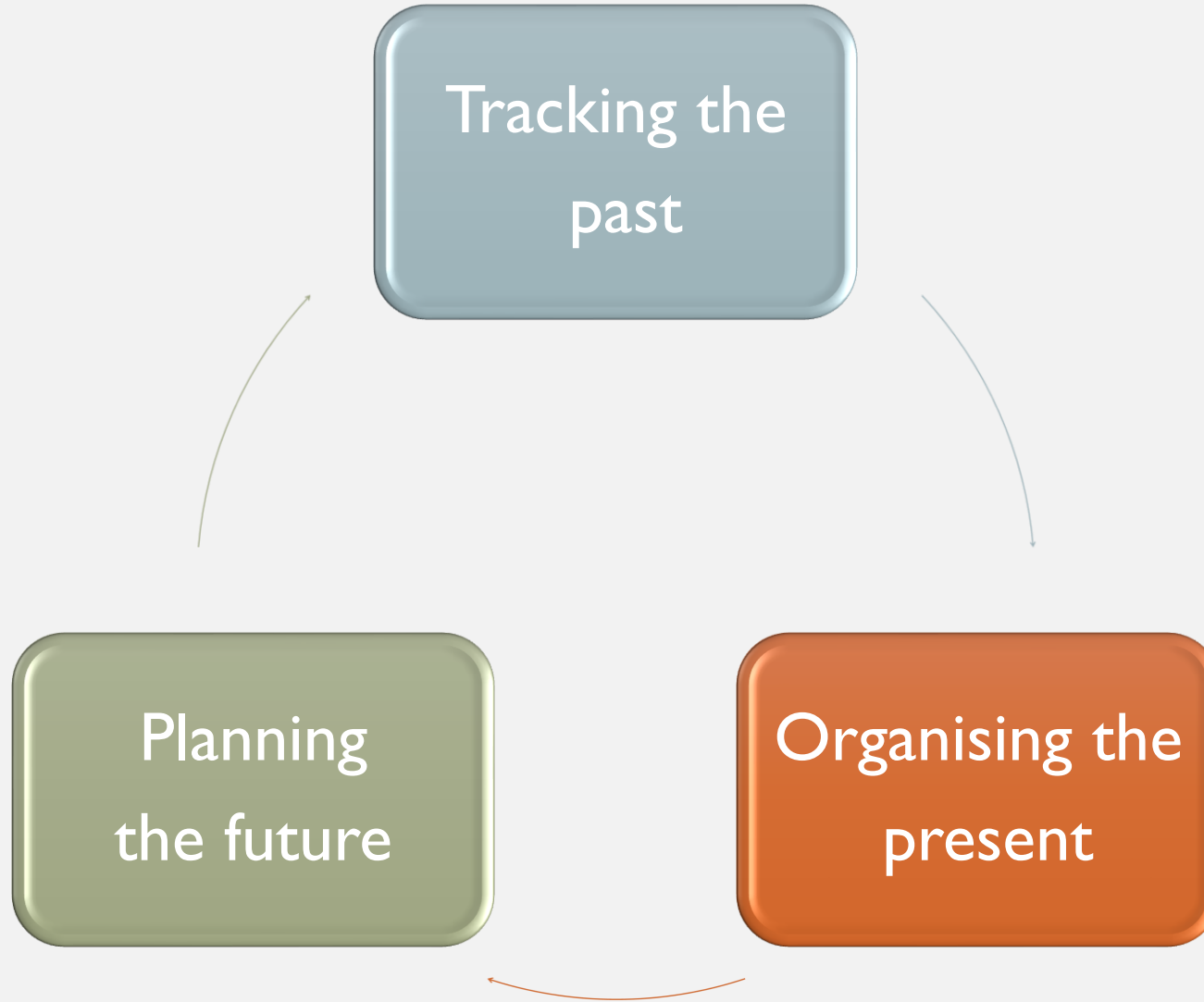
MIND · BODY · SOUL

- take a walk
- brain dump
- deep breathing
- a to-do list item
- gratitude
- hang w/kitties
- pay it forward
- yoga
- review compliments
- unplug for an hour
- take a nap
- dance
- take a bath
- get a massage
- go to bed early
- get your hair done
- ice cream + wine
- buy fresh flowers
- read a book
- call someone
- volunteer
- get a mani/peadi
- hot shower
- take a different route
- be still + quiet
- journal
- splurge a little
- take a vacation
- turn on the diffuser
- sleep in
- get some sun
- declutter
- meditate
- watch clouds
- cry it out
- comfort food
- batting cages
- do a puzzle
- color
- go to the beach
- go for a drive
- garden
- watch the sunset
- plan
- listen to music
- watch the sunrise
- cat costumes
- cat videos
- go to the park
- make something
- give it away
- star gaze
- cook
- pilates
- go for a bike ride
- winery
- learn something
- take 5!
- watch a movie
- get a

Tracking the
past

Planning
the future

Organising the
present



A MINDFULNESS PRACTICE TO
MAKE LIFE SIMPLE

JOURNALING 5 MINUTES PER DAY



PURPOSE OF JOURNALING

1. Promotes **Mindfulness**
2. Develop **Self-awareness**
3. Helps **Remembering**

WHEN I SHOULD START JOURNALING

Process of letting go.

Facing a new season in
my life, new ventures.

Being stuck currently.

When I am positioning
myself for change.

DIFFERENT TYPES OF JOURNALS

- The Dream Journal
- Artistic Journal
- Food Journal
- Gratitude Journal
- Reading Journal
- Travel Journal
- Project Journal
- Letter Journal
- Fitness Journal
- Personal Junk Journal
- Pregnancy Journal
- Poetry Journal
- Productivity Journal
- Finance Journal
- Ideas Journal
- **Wellness Journal**

DIFFERENT STYLES

DIGITAL JOURNALING

1. Journaling & Mental Health Apps
2. Journal Blog
3. Vlogging
4. Excel Spreadsheet

MANUAL JOURNALING

1. Blank Journal – customised (Lines, graphic, bullet style)
2. Scrapbooking
3. Metamorphosis Wellness Journal

SUPPLIES NEEDED



laurenhannah.net

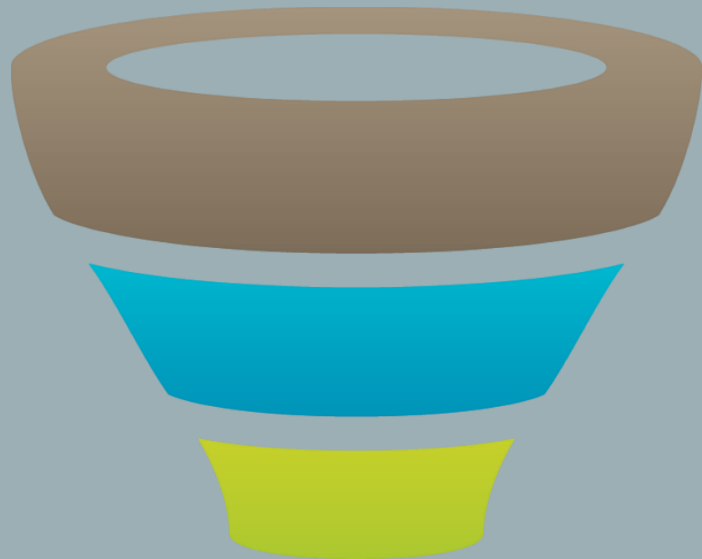
INDEX OF A JOURNAL



21 INTERRELATED JOURNALING ACTIVITIES



MONTHLY GOALS



MONTHLY GOAL

♥ GOAL

♥ STEPS TO TAKE

1

2

3

4

5

6

7

8

♥ SMALL GOALS

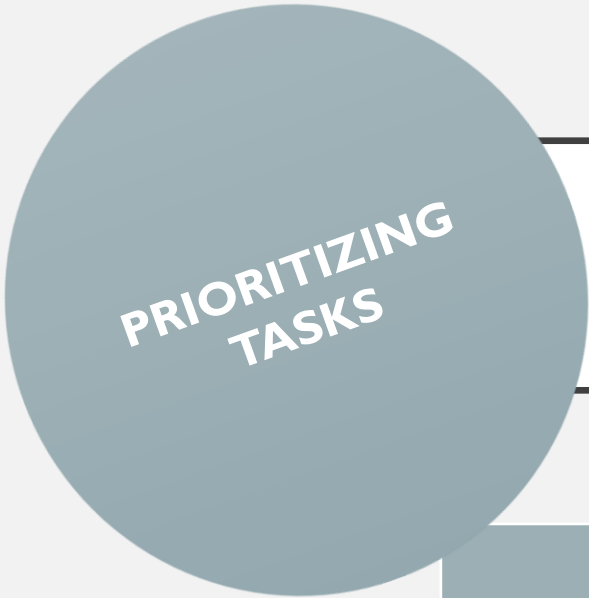


♥ WEEK 1

♥ WEEK 2

♥ WEEK 3

♥ WEEK 3



STEPS TO TAKE



Urgent	Important

CHALLENGES I AM CURRENTLY FACING

CHALLENGES THAT I AM
FACING NOW IN MY
LIFE

LESSONS THAT I AM
LEARNING FROM THESE
CHALLENGES

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WHAT MAKES MY HEART SMILE TODAY?



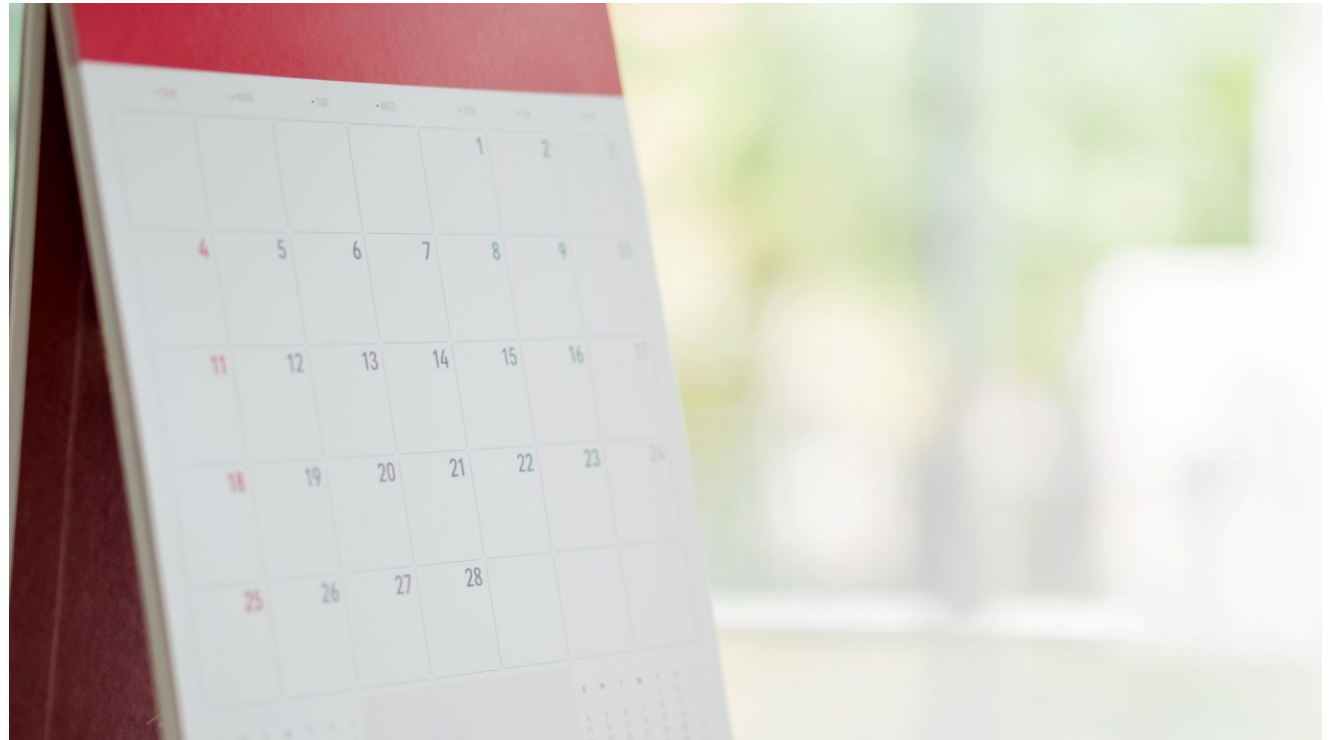
THOUGHT OF THE
DAY



HARMFUL BELIEFS

[illegible]

**WHAT
INSPIRES
ME
TODAY?**



**THE BEST
PART OF
MY DAY**





MY DAILY GRATITUDE

THINGS I AM
GRATEFUL FOR

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

PEOPLE I AM
GRATEFUL FOR

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

A hand is shown holding a lit sparkler, which is emitting a bright, starburst-like pattern of sparks. The background is dark, filled with numerous out-of-focus, colorful bokeh lights in shades of orange, red, blue, and green. The overall mood is festive and celebratory.

MEMORABLE MOMENTS

Name of a
special person

Memorable
date

Precious
memory

Special place

Memorable
town, villiage or
city

Name of
holiday resort

Favourite
restaurant

Milestone

Birthday

Aniversary

Name of pet

Best friend
memory

Special
moment

An amazing
time

Celebration

An hourglass with white sand is shown in the foreground, with sand falling from the top bulb into the bottom bulb. In the background, a calendar is visible, showing dates 22, 23, 24, 29, 30, and 31. A dark gray rectangular box with a white border is centered over the hourglass, containing the title text.

THINGS I HAVE ACCOMPLISHED TODAY

- **Major**
- **Minor**

PRAYER JOURNAL

Date of prayer request	Prayer Request	Date when prayer was answered	How my prayer was answered

An open notebook with lined pages is shown. On the left page, there are three colorful sticky notes (red, orange, and yellow) and a black pen. On the right page, there is a silver pen. The notebook is open to a spread of pages, with the right page showing a vertical column of numbers from 10 to 18. A dark grey rectangular box with a white border is overlaid on the center of the notebook, containing the text "DREAM JOURNAL".

DREAM JOURNAL

Date.

Dream Title.

Where was it? (Location)

With who? (Cast)

Atmosphere / Weather/Genre

How did I feel in my dream?

How do I feel now?

Describe it in one word.

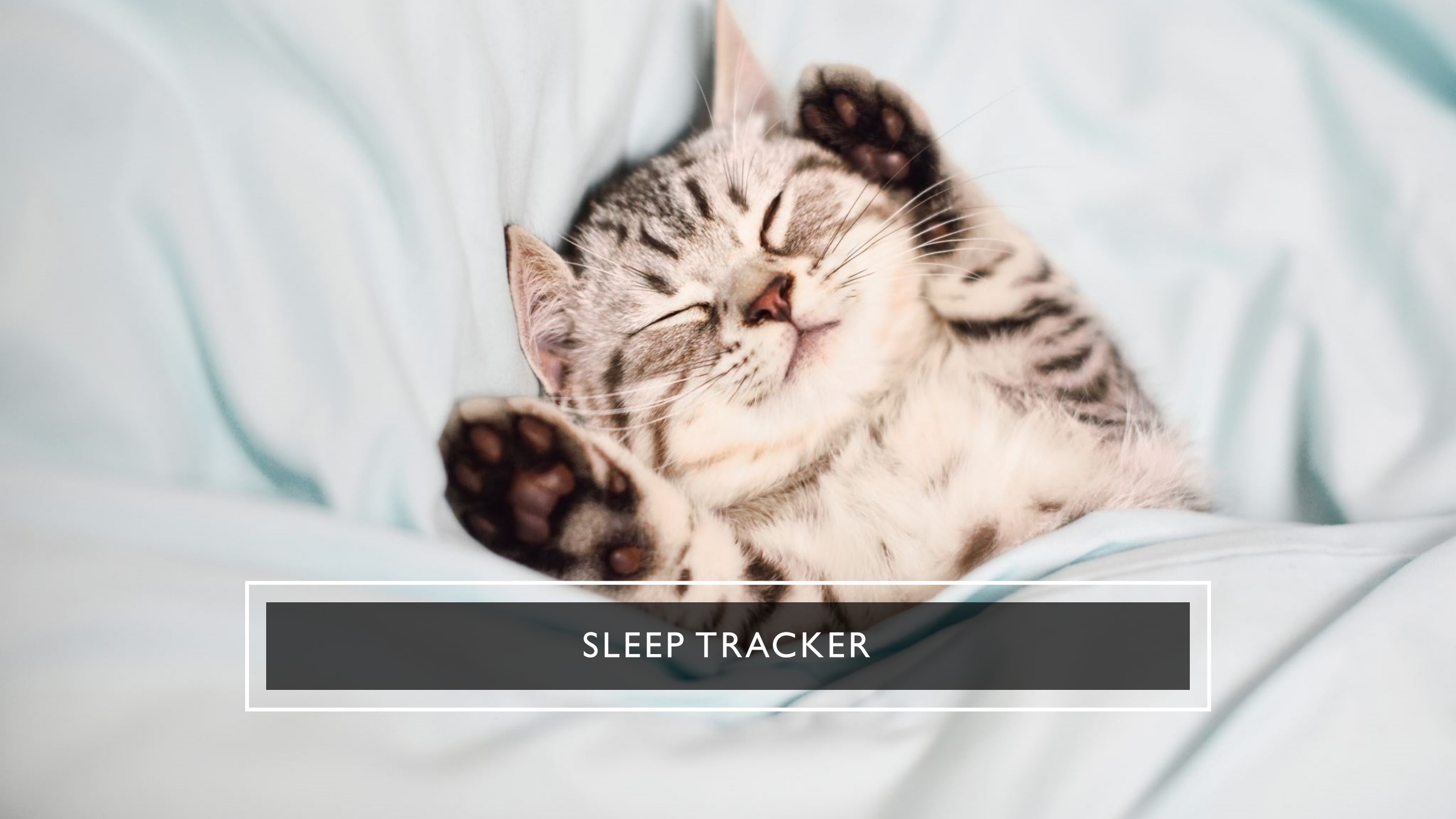
Dream symbols / Signs.

Interpretation.

Draw it.

BRILLIANT IDEAS





SLEEP TRACKER

[illegible]

[illegible]

MOOD TRACKER



DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
• MORNING																															
• MIDDAY																															
• EVENING																															
TOTAL																															



DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
HABIT #1																															
HABIT #2																															
HABIT #3																															
HABIT #4																															
HABIT #5																															
HABIT #6																															
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HABIT #9																															
HABIT #10																															
HABIT #11																															
HABIT #12																															
HABIT #13																															

HABIT TRACKER

IDENTIFYING MY TRIGGERS

Date	Event	My response	Coping Skill

**BOOKS & ARTICLES TO READ &
VIDEOS TO WATCH**

the guest room

BLINK

PLACES TO VISIT



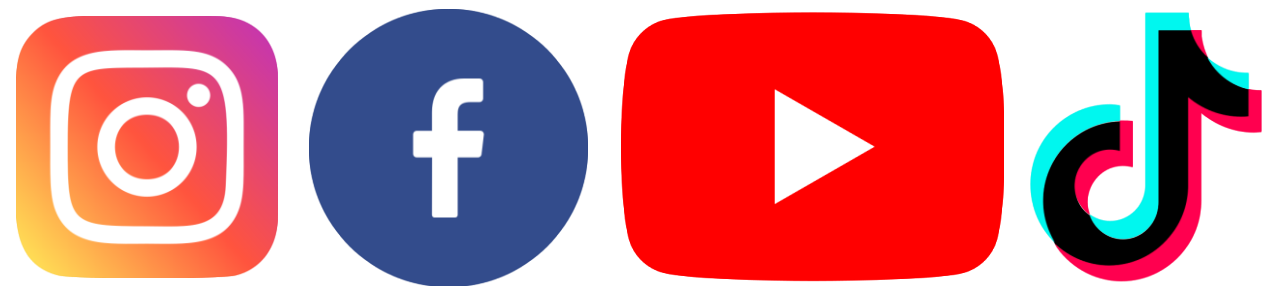
A close-up, low-angle shot of a glass hourglass. The top bulb is filled with a thick layer of fine, green sand. A stream of this sand is falling through the narrow neck into the bottom bulb. The lighting is soft, highlighting the texture of the sand and the curves of the glass.

BUCKET LIST

- Skills
- Courses
- Challenges

**THINGS
THAT I
HAVE
LEARNED
TODAY**





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