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JOURNALING

My new life map

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A hospital subsidised class presentation

MAKING JOURNALING SUSTAINABLE

- **WHAT** is journaling?
- **WHY** journal?
- **HOW** to journal?



WHAT IS WELLNESS JOURNALING?

- Reflect in a safe space
- Record experiences
- Gain insight
- Express yourself
- Identify patterns
- Track progress



JOURNALING 5 MINUTES PER DAY





A MINDFULNESS PRACTICE TO
MAKE LIFE SIMPLE

PURPOSE OF JOURNALING

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

WHEN I SHOULD START JOURNALING

Early warning signs to catch patterns.

Facing a new season in my life, new ventures.

Struggling with challenges during high-stress periods.

In therapy or self-development work.


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. LifeMaster™ App 
2. MS Word
3. Vlog & Voice Journal
4. Galaxy Notes / iOS Journal App

MANUAL JOURNALING

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



SUPPLIES NEEDED



laurenhannah.net

STABILO BOSS ORIGINAL

STABILO BOSS ORIGINAL

STABILO BOSS ORIGINAL

STABILO BOSS ORIGINAL

STABILO BOSS ORIGINAL

STABILO BOSS ORIGINAL

Like

SMART FIT
High Label

STABILO BOSS ORIGINAL

INDEX OF A JOURNAL

21
Journaling
Activities



21 INTERRELATED JOURNALING ACTIVITIES



MONTHLY GOALS



MONTHLY GOAL

♥ GOAL	♥ SMALL GOALS
	<input type="checkbox"/>
♥ STEPS TO TAKE	<input type="checkbox"/>
1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>
6	<input type="checkbox"/>
7	<input type="checkbox"/>
8	<input type="checkbox"/>
♥ WEEK 1	♥ WEEK 2
♥ WEEK 3	♥ WEEK 4

CHALLENGES I AM CURRENTLY FACING

CHALLENGES I AM
FACING NOW IN MY
LIFE

LESSONS THAT I AM
TAKING FROM THESE
CHALLENGES

- Do I have control / no control?
- Can I take actions?
- Or do I need to process it?



WHAT MAKES MY HEART SMILE TODAY?



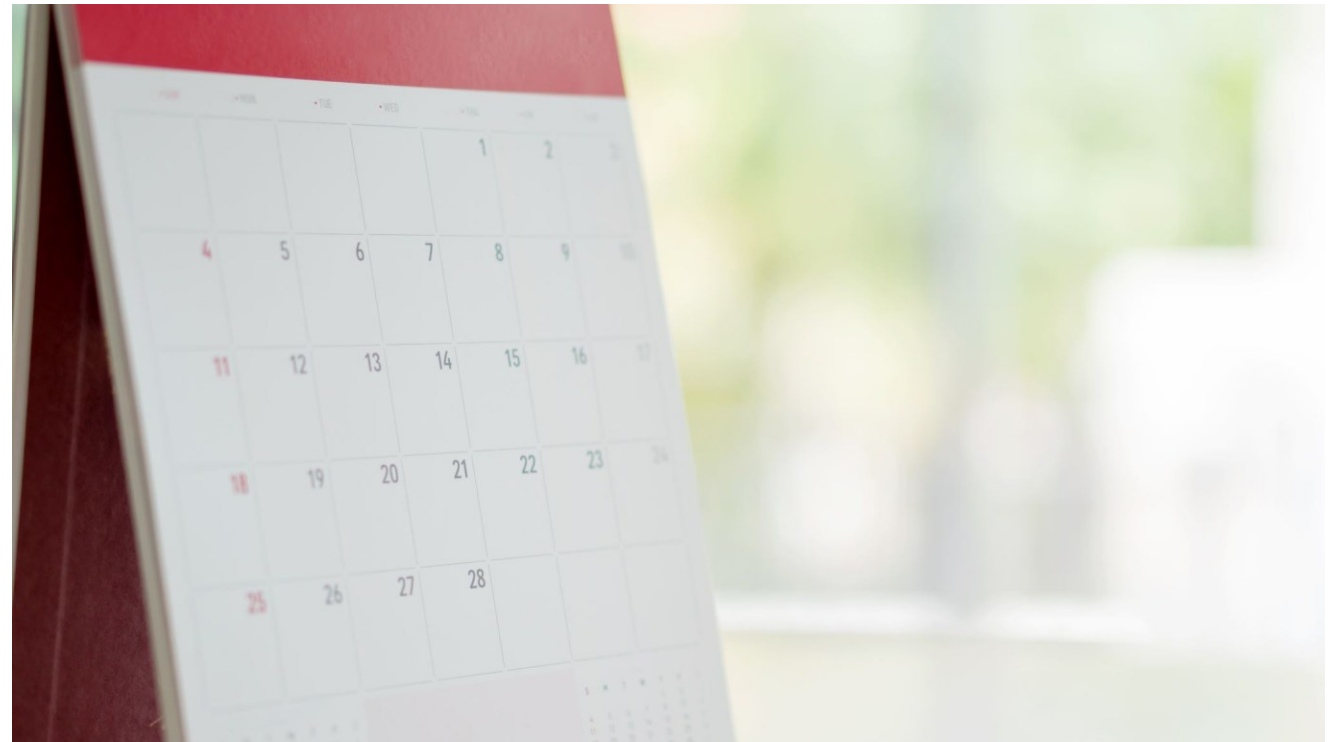
THOUGHT OF THE
DAY

Wisdom *Insight*

Clarity



**WHAT
INSPIRES
ME
TODAY?**



Success Leaves Clues

**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.



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



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. The pages are white with horizontal lines. On the right page, the numbers 10, 11, 12, 13, 14, 15, 16, 17, and 18 are printed vertically. A silver pen is resting on the right page. In the bottom left corner, there are three colorful sticky notes: a red one, an orange one, and a yellow one. A black pen is visible in the top left corner. The text "DREAM JOURNAL" is overlaid in the center of the notebook pages.

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.

Draw it.

BRILLIANT IDEAS





SLEEP TRACKER

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																															



IDENTIFYING MY TRIGGERS

Date	Event	My response	Coping Skill

A close-up photograph of a glass hourglass with green sand. The sand is piled up in the top bulb and is slowly 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 to master
- Courses to attend
- Places to visit
- Books to read
- Subscriptions
- Challenging myself

**THINGS
I
HAVE
LEARNED
TODAY**



MY WELLNESS JOURNAL

Planning, organising and tracking my journey



MINDFUL MOMENTS

JATH VAN DER WESTHUIZEN



Sunday Reflections

LIVE BROADCASTS

Sundays at 18:00



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