



Your Starter Guide to Journalling:

Beginning Your Journey to Clarity and Calm

Introduction

Mindfulness and self-reflection are increasingly recognised as powerful tools for wellbeing, and journalling is one of the simplest ways to practice both.

Journalling helps you to process your thoughts and feelings, relieve stress, and gain insights into yourself, whether it's at work, in friendships, partnerships, or any kind of relationship.

You don't need to write everything down perfectly, analyse everything, or find immediate answers. The aim of journalling is to notice, observe, and release, one small step at a time.

How to Use This Guide

Journalling can serve many purposes: to relieve stress, explore patterns in habits, understand relationships, or reflect on your own thoughts and emotions. It's also a starting point to greater understanding of yourself, helping you notice patterns, triggers, and responses over time.

I've given you some prompts below to get you started on some of the main areas that often crop up.

Choose the prompts that relate most to your situation; you don't need to do them all at once. Just a few minutes can help you feel clearer, calmer, and more connected to yourself.

Tips for Getting Started

Find a quiet, comfortable space where you won't be interrupted.

Use a notebook or digital document that you can save privately, whatever feels easiest for you.

Aim for 5–10 minutes initially if that helps, but if you get in the flow, you can write for as long as you need to.

Remember - It's safe to write down exactly what you are thinking and feeling. You don't need to feel it has to be perfect or to change anything. It's okay to let it come out naturally.

1. For sleep or stress-related journalling

- *What thoughts or worries are in my mind right now?*
- *What has happened today that may be contributing to tension or restlessness?*
- *What feelings am I noticing in my body as I try to wind down?*
- *Is there a small action I could take to release or acknowledge this before bed?*

2. For habits or cravings (e.g., chocolate, wine, etc.)

- *What situation triggered the urge today?*
- *What emotion(s) did I feel?*
- *What was happening right before I reached for this?*
- *What need am I trying to meet with this action?*
- *Is there another way I could support or comfort myself in this moment?*

3. For relationships (work, partnerships, friendships)

1. *What happened today with this person?*
2. *How did their words or actions make me feel, and where do I feel it in my body?*
3. *What am I telling myself about their behaviour?*
 - Make a list separating what is true from what is assumption or interpretation.
4. *If there is conflict or tension, what would be the best thing to say and/or do?*
 - Reflect on your own part: What is yours to take responsibility for?
 - What is theirs (their opinions or actions) and not your responsibility?
 - If others are involved unnecessarily, recognise their views or judgments as separate from your responsibility. Stay true to yourself and your perspective.

Remember: External validation is optional. Your internal truth is what matters most. People you ask for advice, or who are partly involved in the situation, may not have the full picture, so their input may not be fully valid. It is important to trust yourself and your perspective.

4. General self-awareness and reflection

- *What thoughts, emotions, or sensations are coming up today?*
- *Did I notice any patterns or triggers today? What were they?*
- *What is one thing I've learned about myself recently?*
- *How can I nurture or support myself right now?*

Reflection Tips

Don't worry if things aren't immediately clear; simply writing down your thoughts and feelings is enough.

Highlight recurring words, themes, or emotions to spot patterns over time.

If strong emotions start to come up, then pause, breathe, and remind yourself that this is a safe space to release what you have been holding. If you need to cry, let the tears come. Crying during journaling is actually a healthy and natural part of processing, especially when you've been dealing with intense experiences or long-held feelings. It's a sign that the mind and body are releasing tension and making space for clarity and healing.

Optional Daily Practice

Before bed, jot down any lingering thoughts or worries. Getting them out on paper can help your mind rest and reduce the likelihood of you waking up in the middle of the night and thinking about them.

If You Would Like Further Support

If you'd like to explore your patterns more deeply, or work with guided techniques like EFT or Access Bars to release stress and emotional blocks, feel free to reach out to me. I'd be happy to support you on your journey.