



# Journaling For Beginners

Journaling is a tool that can be used to access your thoughts & internal voice. Simply, an outlet where you can speak to yourself with undivided attention. This can be done by writing in a notebook, typing on a phone/computer, or talking out loud. You don't need perfect grammar, a positive mindset, or a specific length. All you need to access this tool is yourself and one deep breath!

## What can I use it for?

Journaling is often just thought of as a reflective or expressive tool but I encourage you to be open-minded and explore the various ways it can benefit you. Below are some different ways you can use journaling:

**Understanding feelings/behavior:** Many of us reflect back on some situations or things we've said with confusion and journaling is a helpful way for us to build understanding. When we understand our reactions, we can learn to respond more mindfully in the future.

**Problem Solving:** We all can benefit from some brainstorming when we are faced with a project or problem. Journaling is a great tool to use if you want to talk about your problem but also think about solutions you can try to help. Challenge feelings of helplessness directly by giving yourself space to answer the "what if" questions.

**Building Self-expression:** It is important that we learn to release our thoughts and feelings rather than internalizing them. This tool is for you to express your thoughts without judgement. Unsure about how you should talk to your friend/partner about a certain topic? Use journaling to practice your communication and give yourself feedback. Build confidence in your communication skills and internal validation.

**Gratitude:** Taking time to express gratitude is a great way to build reinforcement around a strength's based perspective. Help yourself build a mindset that brings attention to all you have rather than what you lack.

**Supportive relationship with self:** Journaling is a great way to build a well-connected relationship with yourself and your intentions. Feeling down? Use this tool to give a pep talk and remind yourself you will be okay. Discuss the goals you have and give yourself encouragement with accountability along the way. Don't feel like writing a lot? Just say "have a great day" and feel good about the small positive interaction you had with yourself.



## Why is it Important

Interesting Fact: Your brain is listening all day but it actually does not know who is talking. Think about the recipe of misunderstanding this can create. Journaling is a great way to help your brain process life and bring attention to your own voice. It is a space you can use to emphasize what matters to you and redirect away from what is not helpful.

## Gentle Reminders

There is no “right” way to journal.  
You don’t need to be grammatically correct.  
It can be as short or as long as you would like.  
You can always pause if you are feeling overwhelmed.  
Remind yourself that this is for you only.

**Activity: Pick a type of journaling style and write your first entry:**

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