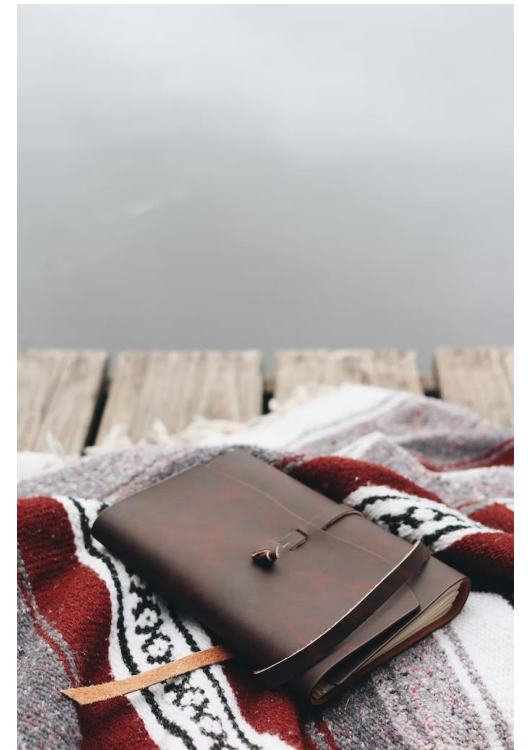


DIARY and **JOURNALING**:
you **write** down something **regularly**
about yourself.

Diary: **What** has happened.

Journaling: **How** you experience it.



Picture: Jessica Delp on Unsplash

Journaling:
You answer the **same questions**
every day, week, month or year.



Picture: Towfiq Barbhuiya on Unsplash

What questions? How often?
You decide!

Journaling



+ self-esteem

+ learning from experiences

+ happiness

+ positive attitude

+ satisfied

+ success

+ creativity

+ healthy

+ good sleep

HOW??



Picture: Calum MacAulay on Unsplash

IT DEPENDS ON THE TYPE OF JOURNALING!



GRATITUDE JOURNAL:

(Once/twice a week.)

Write down **what you are thankful for** (things, events, achievements, people...).

Choose just some of them and write them down in detail, while **feeling the emotions**.

+ happiness

+ productive

+ self-confidence

- stress

+ quality relationships

- depression

+ good sleep

+ mindfulness

+ strength to resist to temptations

IT DEPENDS ON THE TYPE OF JOURNALING!



SUCCESS JOURNALING:

(Every day/week.)



1. Set short and long term **goals**.

2. Make your list of **questions**, e.g.:

★ what I have achieved

(small things are important! It is about observing how many things you achieve without even noticing it!)

★ what I have learned

★ what I can improve

★ what I am grateful for

★ what made me happy today

★ how I can get closer to my goals

All advantages of the gratitude journal:

+ reach your goals

+ motivation

+ get things done

There are many more types of Journaling like



- **YOOHOO-LIST**: all good things I have done and achieved today
- **MORNING PAGES**: makes your head free, shows you what is really important for you, helps making writing easier
- **DREAM JOURNALING**: elaboration of your dreams
- **BULLET-JOURNALING**: perfect organisation without stress
- **ART-JOURNAL**: elaborate your feelings through art
- **ONE LINE A DAY JOURNALING**: capture one key moment a day
- **NATURE JOURNAL**: aware of what is around you
- **LISTS JOURNAL**: make lists of things to organise, track and record things related to relationships, hobbies, likes (list of favorite movies; songs; fitness; relaxing strategies...)

or... you make it in another format:



Picture: Kelly Sikkema on Unsplash

Every day/week you insert
← **HERE** one piece of paper with

- a good thing you did
- or
- a nice thing you experienced

At the end of the year: **open it!**

... **EVERYONE** can be journaling!



- Don't be afraid to start!
- Everyone can do it!
- Don't forget to reflect about the things you write down.
- Don't think you don't have enough time, 10 min. are enough and they are worth it, try it out!
- Be regular: if you skip days, it will be easier to skip further days! So try not to make exceptions, soon it will be a habit!
- There are some journaling apps, but: pen and paper seem to work best!