

# journaling

a safe place to  
**unwind**

Reduce stress, and build emotional  
balance and self awareness

**When we slow down...**  
and give space to what's inside

the pressure

the judgement

the worry

the ache

sometimes being heard is enough to feel  
lighter, more grounded, and more  
connected

Journaling is  
most effective  
when done regularly,  
even just a few minutes  
a day, as consistency  
helps build self  
awareness and emotional  
clarity over time



Journaling is a journey of many paths · find what works for you

## grateful moments

Notice what feels grounding,  
nourishing, or good · even  
in small ways

## step back

Recognise when something  
has taken over and gently  
return to center

## in alignment

Check if your actions,  
choices, or direction are  
honoring your inner needs

## what went well

Reflect on what you're  
proud of, what worked,  
or what brought joy

## quick check-in

A short, practical scan of  
who's there and how  
they're doing

## meet yourself

Get curious about who you  
are · your patterns,  
desires, and values

## Get started

Food for thought to get started

What is something I've been carrying lately?

What do I need more or less of right now?

What am I proud of today?

all parts are  
welcome

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