

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 thing I've been carrying lately?

What do I need more or less of right now?

What's am I proud of today?

all parts are
welcome

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