



The purpose of this exercise (just like meditation and mindfulness) is to develop self-awareness by learning to notice what you're thinking or feeling in any moment. The goal in this exercise is to notice your thoughts and allow them to flow onto the paper.

When writing, we're usually trying to communicate something to someone else. This exercise is different. In this exercise, writing is just for you - no one else will read anything you've written.

**Instructions**

- Pick one of the journaling prompts below and set a timer (~3 minutes). You may write about the prompt, or you may write about anything that comes to mind. It doesn't matter how closely you follow the prompt.
- You may write in any language. Do not worry about grammar or spelling; instead, what's important is to let your thoughts flow onto the paper.
- Keep writing until time is up. If you have nothing to write, and all you can think of is "I have nothing to write," then just keep writing, "I have nothing to write..."
- Invite and encourage your thoughts to flow. Remember, there is no "right way" or "wrong way" to practice this exercise.

| Category          | Suggested journaling prompts   |
|-------------------|--|
| Self-awareness    | <ul style="list-style-type: none"> <li>• I am aware that...</li> <li>• My body feels...</li> <li>• Right now, I am...</li> </ul>   |
| Morning           | <ul style="list-style-type: none"> <li>• After waking up, I feel...</li> <li>• One intention I have for today is...</li> <li>• One thing I will do for myself today is...</li> </ul>                                 |
| Evening           | <ul style="list-style-type: none"> <li>• Before going to bed, I feel...</li> <li>• I am thankful for...</li> <li>• I am hopeful for...</li> </ul>  |
| What I like       | <ul style="list-style-type: none"> <li>• What makes me feel loved is...</li> <li>• Things I enjoy are...</li> <li>• I feel fulfilled when...</li> </ul>  |
| What I don't like | <ul style="list-style-type: none"> <li>• What hurts me is...</li> <li>• Things I am annoyed by are...</li> <li>• I am not satisfied when...</li> </ul>   |
| Communication     | <ul style="list-style-type: none"> <li>• When I feel that I am understood by others, I am...</li> <li>• I would like to tell someone that...</li> <li>• Something I would like to understand better is...</li> </ul> |
| Motivation        | <ul style="list-style-type: none"> <li>• When I'm at my best, I am...</li> <li>• My values are...</li> <li>• My strengths are...</li> </ul>  |