

From Mind to Paper: A Guided Mindful Journaling Journey

Have you ever wondered how to tap into your inner creativity and gain deeper insights into your thoughts and emotions? Then this session might just be the right thing for you!

Whether you're a seasoned journaler or just beginning your journey, this session will provide you with the tools and inspiration to transform your journaling practice.

Guided journaling is more than just writing; it's a powerful way to connect with your thoughts, explore your emotions, and spark your creativity. In this session, we'll dive into the benefits of journaling, the different techniques you can use, and how to tailor your practice to fit your personal goals and lifestyle.

Learning Objectives

- Understand the benefits of journaling for mental clarity, emotional processing, and personal growth.
- Practice a four-step journaling framework for structured self-reflection.
- Apply insights from their journaling exercises to make meaningful changes in their mindset, behaviours, or decisions.

Content Outline

Beyond the Pen: Exploring the Science Behind Journaling

- Introduction to journaling and its definition
- Understanding the reasons and benefits of journaling
- Exploring the common myths and challenges of journaling

From Prompts to Progress: A Deep Dive into Guided Journaling Techniques

- Guided Journaling Exercise: Hands-on segment to practise guided journaling for structured reflection

Beyond the Page: Making Journaling a Habit

- Learn Practical tips to integrate journaling into your life for lasting impact