


From Mind to Paper: A Guided Mindful Journaling Journey


Key Takeaways

1


Why Journaling?




Our brains are constantly bombarded with information



Helps us process and organise our thoughts and feelings



Provides a safe space for self-reflection and expression



Can be used to track goals, progress, and identify patterns

2

Benefits of Journaling

Stress Reduction

Self-Reflection

Tracks Growth

Thoughts Organisation

Emotional Clarity

3

The 4-Step Guided Journaling Process

1


Facts



Start by describing the factual details of the situation or experience you're journaling about

2


Feelings



Reflect on and express the emotions you experienced during the situation

3

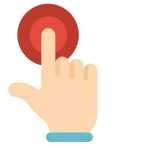
Insights



Analyse the situation and your feelings to gain deeper understanding and insights

4

Actions



Use your insights to plan specific actions that can improve your situation or emotional state