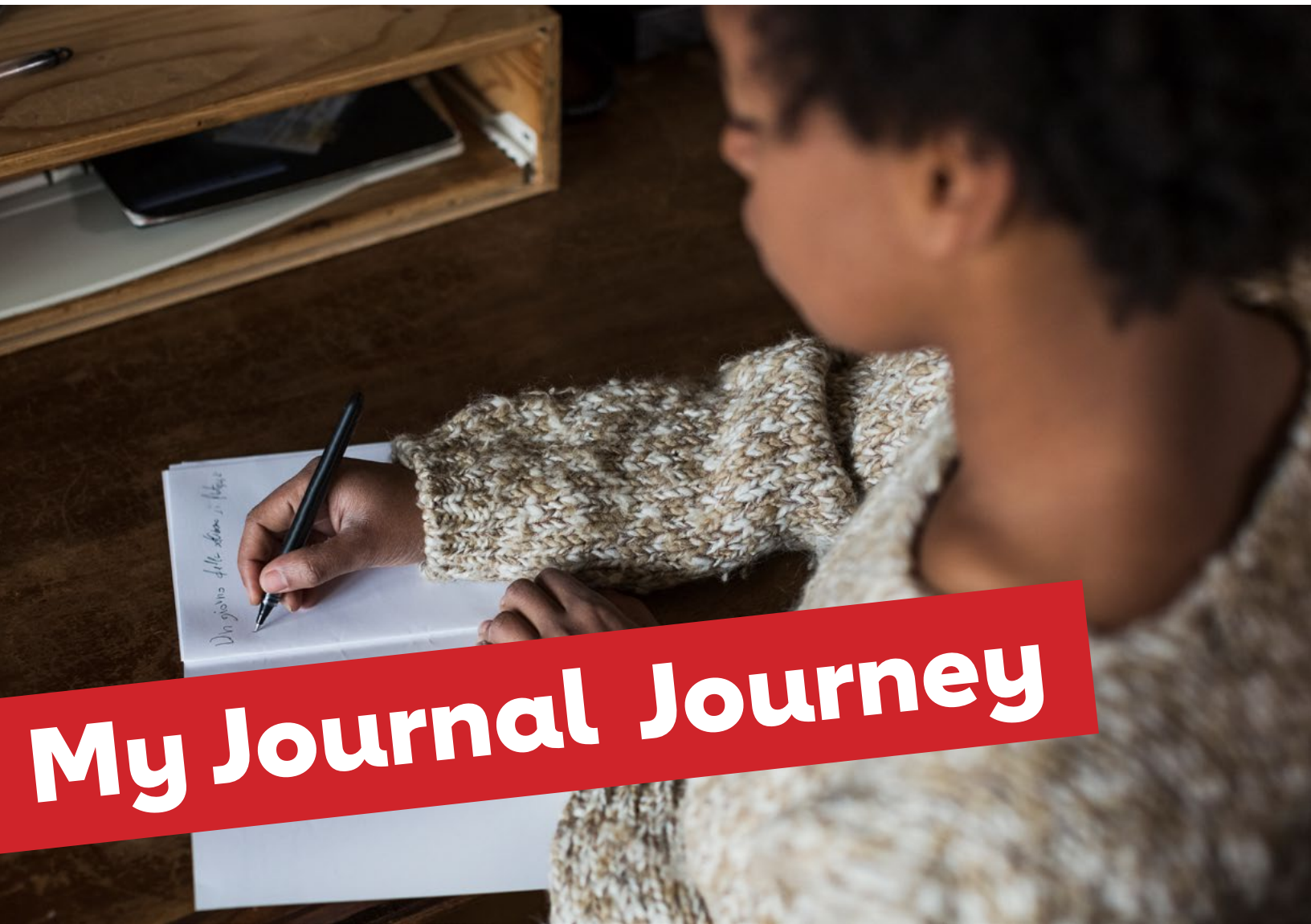




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My Journal Journey

Taking pen to paper to set yourself up for success and achieve strong mental health through self-reflection and expression.

OVERVIEW

This worksheet will help to guide your students through journaling exercises to assist them in becoming more skilled at expressing their thoughts and feelings, while improving their writing skills.

Journaling is proven to improve mental health and reduce stress, offering a healthy coping mechanism. However, it's often difficult to know where to begin.



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OPENING QUESTIONS TO ASK:

- Why is journaling important?
- How can you incorporate this into your daily routine?
- How does the thought of journaling make you feel?

ACTIVITY:

There are 10 prompts for you and your students to choose from. Every day, for five days, take five minutes to reflect and write.

1. **Choose a prompt:** Read the prompt out loud.
2. **Reflection Minute:** Spend one minute reflecting on the prompt.
3. **Journal:** Set a timer and spend two minutes writing down as much as possible – when the two minutes are up, pencils down.
4. **Sharing (optional):** Ask students to share if they are comfortable doing so.

TIPS FOR SUCCESSFUL JOURNALING:

- Don't overthink it. Write down the first things that come to mind.
- Drop the judgements – this is just for you!
- Celebrate yourself and your achievements.

PROMPTS:

1. **Describe the best compliment you have ever received.** What was the nicest thing anyone has ever said to you? How did it make you feel, and how did that moment play out? Describe your surroundings, your emotional response and even the response of the person who gave you that compliment.
2. **A love letter to yourself. What do you love about yourself?** Take this opportunity to remind yourself how awesome you are and name specific things you love most about yourself.
3. **Describe how you feel when you are doing something you are passionate about.** What activities, practices, or places make you feel most alive? When do you get to do this? How does it feel? Describe all your surroundings.
4. **Think about several things you accomplished this month.** What did you do to reach this goal? How did you feel when you made this achievement? How has this achievement impacted your life?
5. **Roses & Thorns.** First take a moment to write down your thorns – this could be something challenging you or weighing on you. To counter, then discuss your roses or the things in your life that bring you joy and excitement.
6. **How would the people who love you describe you?** This person could be anyone from your best friend to your parent/guardian. Really take a moment to step into their shoes and think about all the wonderful things they think of you that you may tend to look over.
7. **Write a letter to your younger self.** Talk to your younger self about the wonderful things you have experienced and accomplished. Reflect on how you have overcome obstacles and how that has shaped you.
8. **A letter of gratitude.** Write down as many things as you can that you are grateful for. These can be a people, things, places, or qualities.
9. **Who inspires you?** Why does this person inspire you? What do they inspire you to pursue? How can you learn from this individual to achieve your own goals?
10. **Your bucket list.** Jot down a list of as many things as possible that you hope to experience in your life. Think short term and long term. The sky is the limit!