



THE 7 DAY

Mindful Journal Guide

Why Journal?

Journaling lowers stress, improves immune function, keeps your memory sharp, boosts your mood and improves your emotional functions.

At the end of the day really, journaling is a way to 'hold space' for yourself and truly listen to you mind and heart. To give yourself a truly judgment free zone.

In these seven day, you will catch a glimpse of using journaling as form of self-discovery and self-reflection.

Allow yourself 10 minutes each day to journal. Write exactly what comes to mind, and don't overthink it. Just connect to your truth and write from your heart. Just complete each journal prompt sentence- just make sure that what you add on makes grammatical sense.

Your Journal Prompts

Monday: Awareness and Attention

- If I bring more awareness to my life today...
- If I take more responsibility for my choices and actions today...

Tuesday: Listen to Your Heart

- Sometimes when I am afraid and/ or hurt, I...
- An effective way to handle fear and/ or hurt might be to...

Wednesday: Accepting Self

- If I am more accepting of my fears...
- If I were more accepting of my pain...

Thursday: Challenging Self

- Living purposefully means...
- If I could not fail, I would...

Friday: Self-compassion

- I can be kinder to myself by...
- Today I choose to forgive myself for...

Your Journal Prompts

Saturday: Postive Self-Talk

- Three best words that I could describe myself are...
- What makes these words true are/ is...

Sunday: Gratitude and Reflection

- This week I am grateful for...
- This week I accomplished...

Thank you...

I truly hope that you have discovered a little about yourself and also let go of what no longer serves you going forward in your journey.

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