


GETTING STARTED

1. **Choose your type(s) of journaling:** art, personal growth, career development, nature, and so on.
2. **Choose your media:** writing, sketching, blogging, vlogging, planner, mixed media, and so forth.
3. **Collect your tools** such as journal, planner, sketchbook, pen, art supplies, blog site, camera or digital images.
4. **Choose your environment and time** such as anywhere, any time, mornings over coffee alone, in a coffeehouse, in place of snack time, or at bedtime.
5. **Commit.** A habit takes 21-45 days to develop. Challenge yourself but don't set impossible goals.
6. **Start now.** Not when everything is "perfect" or you "have the time." Use your Notes app or pick up a cheap blank book or record a moment with your phone. But start.



TYPES OF JOURNALING

- Bullet or Dot Journal (Planner)
- Free Writing/Sketching Journal
- Gratitude Journal
- Dream Journal
- One Line a Day (Essence) Journal
- Doodle Journal
- Art Journal
- Nature Journal
- Aspirations or Goals Journal
- Story Journaling
(creating a story out of your life)
- Stream-of-Conscious Journaling
- List Journaling
- Observational Journaling (Diary)

For more information, ideas, and resources, go to:

MakingTimeForWhatMatters.com

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MAKING TIME FOR WHAT MATTERS





JOURNALING:

BEYOND THE DIARY



A QUICK REFERENCE

By Carolyn E. Cooper



JOURNALING PROMPTS & QUESTIONS

Anything can be a journaling prompt depending upon your purpose. Here are a very few to get you started. Collect others as they come to you for use as needed. These prompts work for all methods of journaling: writing, blogging, art, vlogging, audio.

MINDFUL MOMENT: WHAT AM I EXPERIENCING AT THIS MOMENT?

Take a moment to notice your environment.

Is it pleasing, overstimulating, refreshing, stressful?

Notice individual aspects of your

environment. Do you hear sounds? If not, is the quiet pleasing? Can you smell anything? **Notice yourself.** What sensations are you feeling? What emotions are you feeling?

GRATITUDE ATTITUDE: WHAT ARE YOU GRATEFUL FOR?

List whatever you can think of in the moment that you are grateful for, large or small. No matter how dark things appear we can always find something we're grateful for. Rather than focus on the negative, take time to catalog the positive.

WORD PROMPTS

Pick a word. You can use a dictionary, pick a word at random from an article, spot and object or activity (like baseball game or coffee mug), or even use one of those word-a-day calendars (both challenging and stimulating).

Now communicate whatever that word inspires or triggers in you.

SO WHAT EXERCISE (AKA WORST CASE SCENARIO)

Communicate your worst fears or anxieties, pushing them to the ultimate limit, and how you would handle the situation. The purpose is to build resilience and self-confidence by developing better reactions and solutions or exposing unnecessary anxieties. This can also be a way to stretch your imagination.

COLOR PROMPT

Work with just one color or with just one aspect of the color wheel such as cool or warm tones, complementary, triadic, or analogous colors. Do you find these colors attractive? What do these colors represent to you? Are you drawn or repelled by these colors? Why? How can use your emotional response to these colors to affect moods and attitudes?

FREE WRITING/DOODLING EXERCISE FOR DISCOVERY

Set a timer for at least 5-minutes and just write or draw whatever comes into your head until the timer goes off. Sometimes call "Stream-of-Conscious" Exercise, the technique can lead to insights about what is on your mind.

QUOTE PROMPTS

Collect and **choose a quote**, either an inspirational or famous, **and communicate your response to it.** And while disagreement is okay, you should try to avoid ranting or dwelling in the darkness (it's so bad for our physical and mental health despite being fun at times).

QUESTIONS

- What have I done to care for myself during the last 24 hours? What can I do today?
- What have I done to care or show care for others in my last 24 hours? What can I do today?
- What — or who — has been a bright spot or delightful surprise in my last 24 hours?
- What personal goal or aspiration do I want to work towards in the next 24 hours?
- What do I want to accomplish today?
- What one thing can I accomplish today that will make the day be successful?
- What beauty in the world — visual, spiritual, auditory, tactile — have I experienced in the last 24 hours?

WHAT AM I ANXIOUS ABOUT & WHAT CAN I DO ABOUT IT?

Focus on what you can do to handle the problem. **The goal is eliminate any feeling of helplessness.** One approach is to use two columns, one for the problem and one for step-by-step possible solutions.

Another approach is mindmapping the problem and solutions.