



Mindful Journaling: Exploring Emotions

Emotional literacy provides us with the ability to:

- recognize and identify what we are feeling,
- understand how to put our feelings into words and how to react to our feelings, and
- know why we may be feeling a certain way.

Journaling is one means to begin building and strengthening that literacy.

A Visual Journal is a collection of your feelings, thoughts, and ideas using a variety of media including: drawings and sketches, hand lettering, doodles, and/or images from other sources. It's a way to express your thoughts in a visual manner instead of writing them out.

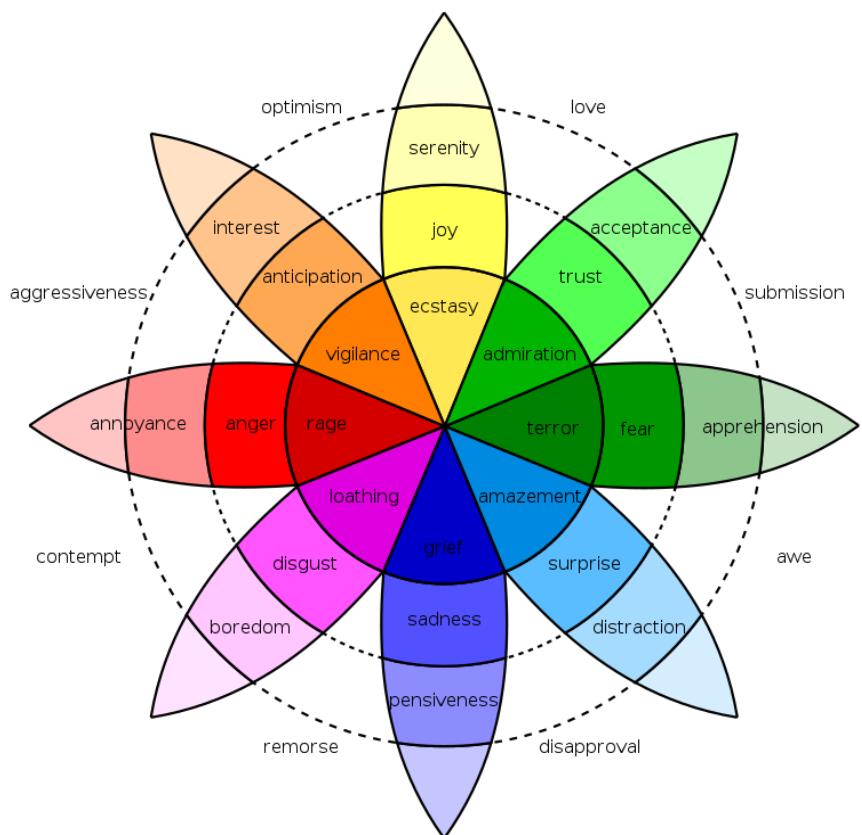
Consider 1 of the categories on the wheel.

Considering the context of your current journey, draw the way you experience the emotions within this category.

Try to:

- Make it a visual representation of the emotion rather than a specific picture.
- Focus on the feelings not the quality
- Use colors and shapes to demonstrate what the inside feels like when you experience this emotion.

You can begin with the space below or use the back of this sheet for more room to explore the category of emotions you chose.





Mindful Journaling: Stream of Consciousness

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Stream of Consciousness Journaling focuses on the spontaneous flow of thoughts. There is no right or wrong method when it comes to structure, grammar, or punctuation. The goal is to allow thoughts to emerge naturally, with curiosity and without judgment. The writing down of this flow captures the thoughts and feelings without any expectations.

If thoughts are not immediately coming to you as you sit down to write, that's okay! Consider the following prompts to help get you started. If your thoughts shift to another topic, follow along and see where they go!

1. What is currently on my mind?	2. How does my body feel right now?	3. What emotions am I feeling right now?
4. How would I describe where I am right now?	5. What am I grateful for at this moment?	6. What am I longing for right now?
7. What is a hobby or activity that brings me joy?	8. What quote or saying inspires me?	9. What is a recent dream that I remember?



Mindful Journaling: Daily Journals

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Daily Journaling is a habit or routine we can build to ensure that we are checking in with our thoughts and feelings every day. It is adaptable to how we want to do this, whether it's structured with the same questions every time or if it's free writing. We can write for 1 minute, 5 minutes, or even up to 30 minutes; what matters is that the practice suits you.

Some things to keep in mind for determining what will work best to develop a daily writing practice:

- What time of day is most conducive to writing?
- Which settings make writing comfortable?
- What is the goal of writing?

Regardless of the answers to these questions, creating a daily journaling habit takes practice and time, but is beneficial to mental health, helps to create clarity, and provides a way to develop better self-understanding. Consider the prompts below to give daily journaling a try. Try to write every day for five days and see how you feel!

Morning Journals

Prompts:

- What am I looking forward to today?
- What are my top three priorities for the day?
- How am I feeling right now?

Evening Journals

Prompts:

- What are three things that happened today?
- What didn't go well and how could I make it better? or What changes will I make tomorrow?
- What was the best part of the day?

Use the back of this sheet to begin exploring daily journaling. Are any of these prompts easier to answer than the others? What do you think of the idea of answering the same questions every day? There is no right or wrong way to approach daily journaling, the only goal is to write every day!



Mindful Journaling: Gratitude

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Gratitude Journaling focuses on a specific subset of moments, thoughts, and feelings: the ones that spark joy, or the glimmers, moments where we feel calm, safe, connected. Gratitude Journaling helps us to attain some perspective. Amidst stress, worry, and other negative feelings, we take a moment to remind ourselves of the good that remains present in our lives. Gratitude can help you gain clarity on the things, people, and moments that truly matter. It helps to illuminate the progress we are making, or the things we have accomplished. It brings joy into our lives and helps us find it when we are struggling.

Below are some prompts to get started with gratitude journaling. Set a goal to write for 5 minutes and see where your thoughts go!

Some tips for gratitude journaling:

- Be as specific as possible.
- Go for depth, rather than breadth.
- Get personal, focus on people (it's okay to be grateful for things as well)
- Savor surprises, sometimes the unexpected is more positive than we think.
- Write regularly, it doesn't have to be every day but consistency will build your practice.

Gratitude Journaling Prompts

Write about a person in your life that you are especially grateful for.	How is where you are in life today different from a year ago - what changes are you thankful for?	What skills or abilities are you thankful to have?
When was the last time you laughed uncontrollably - relive that memory.	List three body parts you are grateful for and why.	What food or meal(s) are you most thankful for?
What about the place you live in are you grateful for?	Write about the music you are thankful to listen to.	What is there about a challenge you're experiencing that you can be thankful for?
What is something you are grateful to have learned this week?	What elements of nature are you grateful for?	What aspects of your school environment are you thankful for?