

This journal is here to aide you in self-reflection and self-awareness. It is designed for you to use for 5 minutes per week for a year.

Spring Creek Counseling



Write about your "happy place" in as much detail as possible (smells, colors, etc.). Why is this your happy place?

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Write about 3 ways you can care for yourself this week.



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Write about something you're glad you went through but you're also glad is over.	

Write about something you're grateful for.	

Write to your younger self. After you've written to your younger self, reflect on why you chose to write what you wrote.



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Write about something you have gotten through recently and how you got through it.	

Write about a skill/talent you have that you like or that serves you well.



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Write about something you wish others knew about you.



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If you knew you couldn't fail, what would you do?



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Write about your favorites. Here are some ideas to get you started: smells, colors, memories, places, people.



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Write about the ways you have grown in the last few years. What has helped you grow?	

Write about your family. What is your relationship like with each person? Have you have written, reflect what this made you think and feel.



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Spend some time doodling and notice where your thoughts go. Write about what this exercise was like for you and where your thoughts went.	

Write about something or someone you miss.	

When do you feel most like yourself?

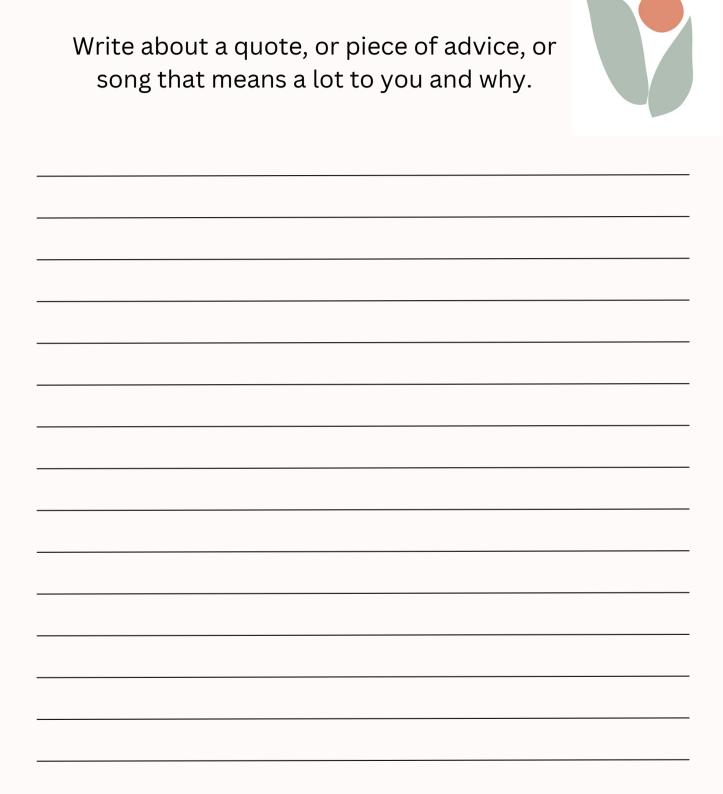


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Write about themes you have noticed throughout your life.



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Write about an emotion you have been feeling lately.



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Write about something you are proud of.

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Write about something that has happened lately that you want to remember.



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Do a body scan and write about what you notice. For example, maybe where you are carrying your stress and what that feels like.

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Write about how you respond to difficult emotions.



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Write about something you hope for in the future. How are you preparing for this?

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Write about something you are looking forward to.



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Write about how you cope, how you feel about your coping, and what you might want to change or add.



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Write about a time you felt true joy.

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If I knew I wasn't going to be judged, how might that change what I do or say?



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Write about your favorite traditions and why they mean so much to you.



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Write through something you are having a hard time with lately.



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Write about your bucket list.



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Write about something that makes you smile or laugh.



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Write about an emotion you have been struggling with lately from the perspective of that emotion.



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Write about a time you felt peaceful.

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Write about something that meant a lot to you from this past week.



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Write about the last time you had fun. Write down ways you can play or have fun this upcoming week.



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Write about who you trust the most and why.	

Write about how you speak to yourself, how you feel about that, and what you might want to change or add.



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Write about something you regret and what you've learned from that.



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Write about something you feel strongly or passionately about.



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Write about something that has surprised you.	





Write about something you're glad has changed in your life.



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If you had a theme song, what would it be and why?



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Write about what fulfills you.



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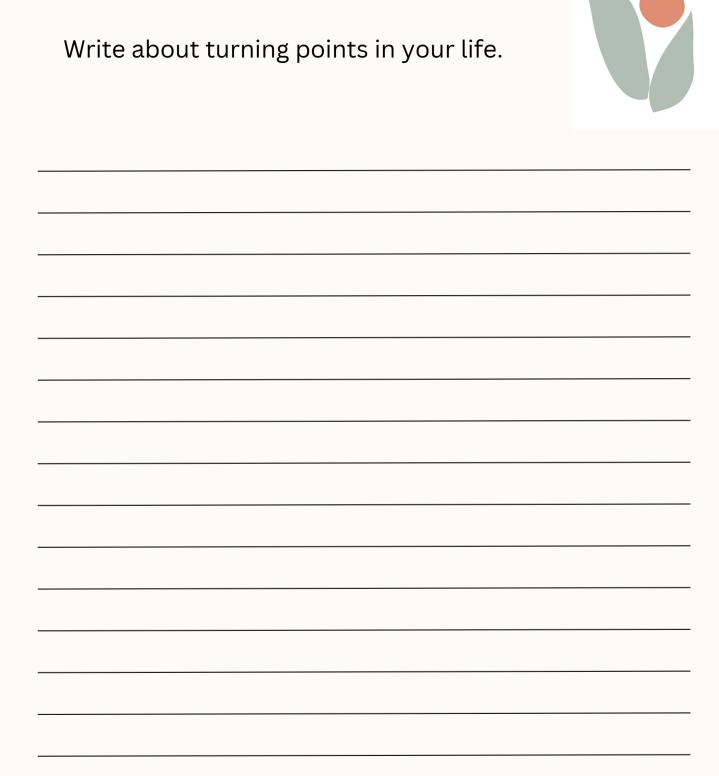
Write about how you want to show up this week.	

What have you learned about yourself this year?	

What does forgiveness mean to you and is it necessary?



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Write about someone who has been influential in your life.



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Write about one way you would like to grow in the next year.



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