

# How to Flow Journal

Flow Journaling is a gentle way to listen to yourself more deeply. It's not about writing well (whatever that means) - it's simply letting your words, half-formed thoughts and present feelings spill onto the page.

You might be surprised at what you hear when you give yourself this quiet space - a sense of calm, a little more clarity, sometimes even a kindness towards yourself you didn't know was there.

There are no rules. Just curiosity, compassion and a willingness to see what flows.

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## How to Begin

- Choose a quiet spot where you won't be disturbed.
- Set a gentle timer or play a piece of music (10-20 mins works well).
- Simply begin - let the words tumble out, big or small, neat or messy.
- Stop when the timer or music ends, close your book, and resist editing or re-reading right away.

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## When to Journal

- Find a time of day you can enjoy - and make it a small ritual (light a candle, grab a blanket, or sit with a cup of tea).
- Linking journaling to something you already do (morning coffee, evening wind-down) makes it easier to build a habit.

*Henny Flynn*

- Daily is ideal for building rhythm, but *compassion first* - if you skip a day, notice any self-criticism and let it go.

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## What if Things Get in the Way?

**“I feel stuck or self-conscious”** That’s normal. Just write what you’re thinking - even if it’s *I don’t know what to write* and keep going, you’re doing the practice!

**“I don’t have time”** Five minutes is enough. Link it to something you already do - before bed, after your morning coffee, or while waiting for the kettle to boil.

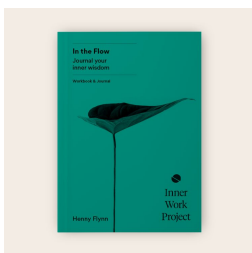
**“I’m too critical of myself”** This is where Flow Journaling really helps. Invite kindness onto the page - add a soft phrase like *“my darling girl”* or *“dear one”* as you write, and see how it changes the tone.

Missed a day? Simply begin again. There’s no perfect way to do this.

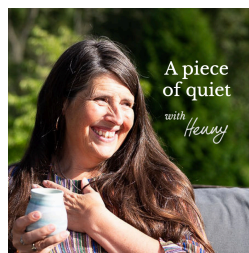
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## Why It Helps

- **Slows your mind** - you can’t write as fast as you think, so it untangles thoughts.
- **Helps you feel calmer and clearer** - like talking things through with a wise friend (which is essentially what you’re doing).
- **Builds self-compassion** - welcoming all parts of yourself onto the page.



To explore more, my books - **In the Flow** and **Letters of Love** - are filled with gentle guidance and prompts.



And you’d like an ongoing weekly pause, join me for **A piece of quiet** - your private podcast with a relaxing audio and Flow Journaling prompt sent straight to your inbox.

*Henry Flynn*