



Types of Journaling

There is no right way to journal. Your journal can be a private space to write, create, notice, explore and simply be yourself.

1. Free / Stream-of-Consciousness Journaling

Put pen to paper and allow your thoughts to come out as they are. You do not need to edit, organise or make them sound good. Spelling, grammar and neatness do not matter.

Try it: Set a timer for five or ten minutes and begin with *“Right now, I notice...”* or *“If I could say anything without judging myself...”*

It may help you to: release thoughts that feel crowded; notice patterns; make space for feelings; hear your own inner voice.

2. Creative Journaling

Words are only one way of expressing yourself. A creative journal might include colour, doodles, drawings, collage, photographs, shapes, symbols or just a few meaningful words.

Try it: Choose a colour that represents how you feel today. Draw the feeling, create a collage, or fill a page with words and images that represent what you need.

It may help you to: express feelings that are hard to put into words; be playful and curious; reconnect with creativity; reduce the pressure to explain.

A gentle reminder

Your journal does not have to be beautiful, profound or something you would ever show another person. It only needs to be yours.





Finding the Style That Works for You

Some days you may want to write freely. On other days, a question or a few small things you are grateful for may feel easier. You can change your approach whenever you need to.

3. Guided Journaling

A prompt can make the blank page feel less daunting. Guided journaling gives you a starting point and lets you decide where the reflection goes.

Try it: Try: *“What do I need more of at the moment?” “What am I carrying that I would like to put down?” “What would kindness towards myself look like today?”*

It may help you to: focus your reflection; explore a particular feeling or experience; deepen self-awareness; begin when you are unsure what to write.

4. Gratitude Journaling

Gratitude journaling is not about pretending everything is positive. It is simply an opportunity to notice moments, people or experiences that brought comfort, meaning or appreciation alongside everything else that may be happening.

Try it: Write down three things you noticed today. They can be very small: a warm drink, a message from someone, a moment outside, finishing a task, or simply getting through a difficult day.

It may help you to: notice small moments of connection and comfort; slow down; recognise what matters to you; create a record of moments you may otherwise overlook.

Other ways you might explore journaling

Lists • Emotion journaling • Letter writing • Dialogue journaling • Future-self journaling • Weekly reflection

Before you finish...

Take a moment to notice how you feel after journaling. If something difficult has come up, you do not have to keep exploring it. You can close the journal, ground yourself in the present and return to it another time if you choose.

You might ask yourself: What did I notice? What surprised me? What do I need now?

