

An Introduction to Journaling

This guide aims to provide you with the basics of how to journal, different journaling types, and some water-inspired prompts to get you started.

How to Start Journaling

- Choose Your Medium - Notebook, app, or even voice notes. You don't need any special equipment.
- Set Aside Time - Even 5-10 minutes, as an when you have time.
- Find a Quiet Spot - Helps you focus and connect with your thoughts. I like the beach or in nature.

Types of Journaling

- **Gratitude Journal** - Write down things you're thankful for.
- **Bullet Journal** - Track to-dos, goals, and daily activities.
- **Dream Journal** - Record and interpret your dreams.
- **Mood Journal** - Track your emotions and what triggers them.
- **Free Writing** - Just let it all out, no structure needed.
- **Reflective Journal** - Dive deep into your thoughts, actions, and decisions.



Tips for beginners

- **No Judgement** - There's no right or wrong way to journal.
- **Be Consistent** - Make it a habit but don't stress if you miss a day.
- **Review** - Look back occasionally to see your growth or patterns.
- **You probably already do it** - If you make To do Lists or document actions you need to take, this can be a form of journaling.

DON'T OVER THINK IT 📖

Water-Inspired Journaling Prompts

1. What emotions does being near water evoke in you?
2. If water could talk, what do you think it would say?
3. Describe the movement of water. How does it relate to your own life journey?
4. How does being near water make you feel alive or centered?
5. Imagine the source of a body of water. What's the "source" of your current goals or dreams?
6. List three life lessons water teaches you (e.g., go with the flow).
7. Write a short poem inspired by water. - For the freewriter in you!
8. What's your favorite water-related memory and why?
9. What stones (obstacles) in your life would you like to 'throw' into the water?
10. How does water change with the seasons, and how do you adapt to changes in your own life?

Can you think of your own prompts?

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