

Jon Dillow Counseling

Counseling, Coaching, and Seminars

Journaling for Success:

You've likely had people suggest you start journaling, touting its benefits for organizing thoughts, improving mental health, and creating clarity and insight about your life. But often these suggestions leave us staring at a blank page or aimlessly meandering through our thoughts. At times all we need is a nudge, a simple prompt, to help us jump start a more productive journaling habit. Try one of these prompts to get more out of this powerful activity.

What am I feeling?

Is the way I'm approaching this period of time helping or harming me?

Is there some difficult emotion that I need to face, comfort, or share with another?

What would I need to do to consider this day a "win"?

What are three things I am thankful for?

Where do I need help? Who could I ask for help?

Who in my life needs help? How can I be the one who gives it?

Is there some feeling, task, or conversation I'm avoiding? What do I want to do about that?

How am I treating myself? Would I treat my best friend this way?

What would it look like to be kind to myself today?

Am I focused on the past, present, or future? How could I live more in the present moment today?

How could I choose to live today so that I'm proud of myself tomorrow?

