

JOURNALING

Journaling is a therapeutic tool that allows the writer to explore thoughts and feelings regarding one's self, situations, and circumstances. It allows one to record and evaluate growth and future endeavors.

BENEFITS OF JOURNALING

- * Releases pent up thoughts and emotions
- * Focuses and clarifies your needs and desires
- * Acts as your own counselor
- * Allows you to re-experience the past in a more mature mind set
- * Strengthens your sense of self
- * Reveals and tracks patterns and cycles

The words I'd like to live by are:

When I'm in pain (physical or emotional) the kindest thing I can do for myself is:

What always brings tears to your eyes?

What can you learn from your biggest mistakes?

Write the words you need to hear:
