Jounaling 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:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________