



THE MINDFUL LIFE COACH UK

Reflective Journaling Tips & Questions



In a world where life can often feel like it is spinning out of control, it is essential we find ways to slow down, connect with ourselves, process our experiences and provide ourselves with the nurture and perspective we need to keep our feet on the ground and our emotional energy high. One way to achieve this is through reflective journaling!

*The process of **Reflection** has huge benefits in increasing self-awareness and developing a better understanding of others. Reflecting can also help us develop creative thinking skills, it assists with problem solving and promotes overall learning.*

*The act of **Journaling** evokes a state of mindfulness and helps writers remain present while keeping a broader perspective. It presents an opportunity for emotional catharsis and helps the brain regulate emotions. It provides a greater sense of confidence and self-identity, and it has several benefits for the treatment of mental health conditions.*

*When we combine **Reflection and Journaling**, we are left with a self-help tool so powerful that it can help treat the symptoms of anxiety, stress, depression and even trauma; and at the same time it can promote learning, growth and change; it is a tool that can help transform lives!*


<https://positivepsychology.com/benefits-of-journaling/>.


THERE IS NO RIGHT OR WRONG WAY TO JOURNAL – IT IS A PERSONAL PROCESS THAT WILL EVOLVE WITH YOU!!!


By allowing ourselves to explore the deepest depths of our conscious and sometimes subconscious mind, we are given insight into a world we may not have realised existed! Only by reconnecting with ourselves can we reconnect with the truth of who we are. Only then can we begin to heal and release the elements of ourselves that have been locked away and ignored. And only then can we begin to live our most authentic lives and honour our personal truth.





Tips To Get Started...


 You can write in a hardback paper journal, create a Word document to type into, or download an app on your phone with special features (e.g. Universum on Android allows you to rate your day, upload photos and even has a budgeting tab)!

 You can record events (what happened during your day), thoughts and feelings, ideas and solutions. You can provide yourself with the nurture you need which may not be available elsewhere - affirmations, encouragement, reassurance, praise. You can challenge yourself when your mental state is not at its best and consider perspectives you would not normally entertain in your automatic thinking.


 If you are trying to develop new positive habits, you can use your journaling to help you track your progress, and review your strategy if needed to ensure success, instead of getting stuck and giving up. Tracking your progress and wins will also make you more motivated in sticking with your new habits and encourage you to keep going.


 Set aside time at least once a day to write continuously for at least 5mins – simply allow your thoughts and feelings to flow and capture them on paper/screen. Journaling at regular intervals during the day allows greater processing, reflection and insights into the events that have taken place, your emotions, your thoughts and new ideas that to come to you. It also provides a much needed pause if the day is particularly hectic or challenging.

 Journaling before bed allows reflection of the day as a whole, allowing for a wider perspective of your experience which isn't always available when you are 'in the thick of it'. Reflecting on what we are grateful for, no matter how small, is also very powerful because it shifts the brain's automatic thinking pattern of noticing only negatives to noticing the positives also.

 Writing down what you would like to experience the next day – also known as scripting - has the added bonus of programming the subconscious mind while you sleep. 95% of what we do, think and feel is dictated by the subconscious mind; priming our thoughts for what we want when we are in our most relaxed state and the subconscious is at its most receptive (either first thing when we wake up or just before sleep) helps create the neural connections needed to experience anything. It's the equivalent to Self-Hypnosis! Write down your intentions for the perfect day before bed and observe what happens.



 You can personalise your journaling and make it fun e.g. use pictures, photos, quotes, make videos, create your own code using emojis.

 And remember your journal is for you and you alone, so ensure it is kept somewhere safe and if online use a password where possible.



Self-Awareness Journaling Questions

If free writing is too far outside of your comfort zone, you may prefer to use more specific Reflective Journaling prompts to develop self-awareness and connection to self:

1. How have you been feeling lately?
2. List some of the emotions you've been struggling with in the last week/month?
3. What is the main emotion you have been feeling overwhelmed with?
4. What usually triggers this negative emotion? Why does it trigger you? What do you feel?
5. Does this feeling remind you of anything from your past?
6. What do you feel you need to let go of? This can be a thought, a memory, a habit or emotion.
7. What would help you let it go? Allow your imagination to come up with a solution no matter how 'realistic'; you may think of several steps that may be needed.
8. How can you respond to your trigger differently in future so that it feels easier?
9. What are the most important things to you in life?
10. What brings you joy, contentment and peace?
11. When do you feel the most proud of or confident in yourself?
12. Think about the most important people in your life and list what you appreciate about them and WHY; include things you take for granted.
13. What are the things you appreciate the most about yourself?
14. When you look at your life as a whole, what are you most grateful for?
15. How can you move forward to enjoy a greater sense of inner peace and happiness?



Congratulations on taking the first step in your reflective journaling practice! This powerful habit can be transformative, allowing you to deepen your self-awareness, process emotions, and gain clarity on your life's journey. As you embark on this path of self-discovery, I invite you to reach out for a FREE Life Coaching Consultation. Together, we can explore how I can support you in unlocking your full potential, facilitating deep emotional healing, and empowering you to consciously create a life that you love and are proud of.

Let's connect and take your journey to the next level!

REQUEST FREE LIFE COACHING CONSULTATION

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"Create a Life You Love, the Balance You Need, & the Resilience to Weather Any Storm"

