

My Journaling Tips

Write it out — your feelings deserve space!



1. Grab a pen and paper. Any notebook works — it doesn't have to be fancy. This is YOUR space.



2. Set aside 5-10 minutes. Find a quiet spot. Put your phone down. This time is just for you.



3. Write down your feelings. What happened today? What are you thinking about? How does your body feel right now?



4. Do NOT overthink it. There's no wrong answer. No one is grading this. You don't even have to use full sentences!



5. Just start writing. Even "I don't know what to write" counts. Once you start, the words will come.



6. Use your journal as needed. Bad day? Write. Great day? Write! Confused? Excited? Worried? Write it all down.



7. Reflect on your entries. Look back at old entries sometimes. You'll be amazed at how much you've grown!

Why Journaling Helps

Writing gets the noise out of your head without needing to find the perfect words for anyone else to understand.

S.O.A.R. Tip

Use journaling to work through your **SITUATION** and **OWNERSHIP** before deciding on your **ACTION**. Writing it out makes the answer clearer!

✨ Need more help? Talk to a trusted adult about entries you'd like more guidance on. You don't have to figure it all out alone!