



# JOURNALING

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# Workbook

Writing prompts to support your journey.

By Lynn How

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## Why Journal?

1. To help you deal with big feelings - a private journal can be a safe place to write down those feelings. You may wish to keep it private or you may wish to discuss what you have written with a friend or relative as sometimes it can be easier to talk about big feelings with written prompts.
2. You can build on your writing skills - although we don't care about grammar and punctuation too much here. It's more about creativity and reflection.
3. Write what you like - you might want to write a letter to someone (and probably not send it!) or record observations or questions. The list is endless. You can use the prompts provided or make up your own pages. Up to you!
4. The more you journal, the more you find it easier to process 'stuff' - I sometimes write conversations to myself and you know what? I always give myself great advice! Now I've got the hang of it, it is easier to do this 'in the moment' in my head and I don't always have to write it all down.
5. Tap into your higher wisdom - I believe that we have a higher consciousness which is objective and not influenced by our egos! Journaling allows us to tap into that while we are in the writing zone.



## *What do you want to release?*

Choose your own writing prompt or use one of mine. Block out some time in a quiet spot and clear your mind to let the writing flow.



## *From the heart*

When you journal, your writing comes from your higher self which always has your best interests at heart as it bypasses your ego. Your higher self is always full of love and encouragement for your next steps and it loves to share this with you!

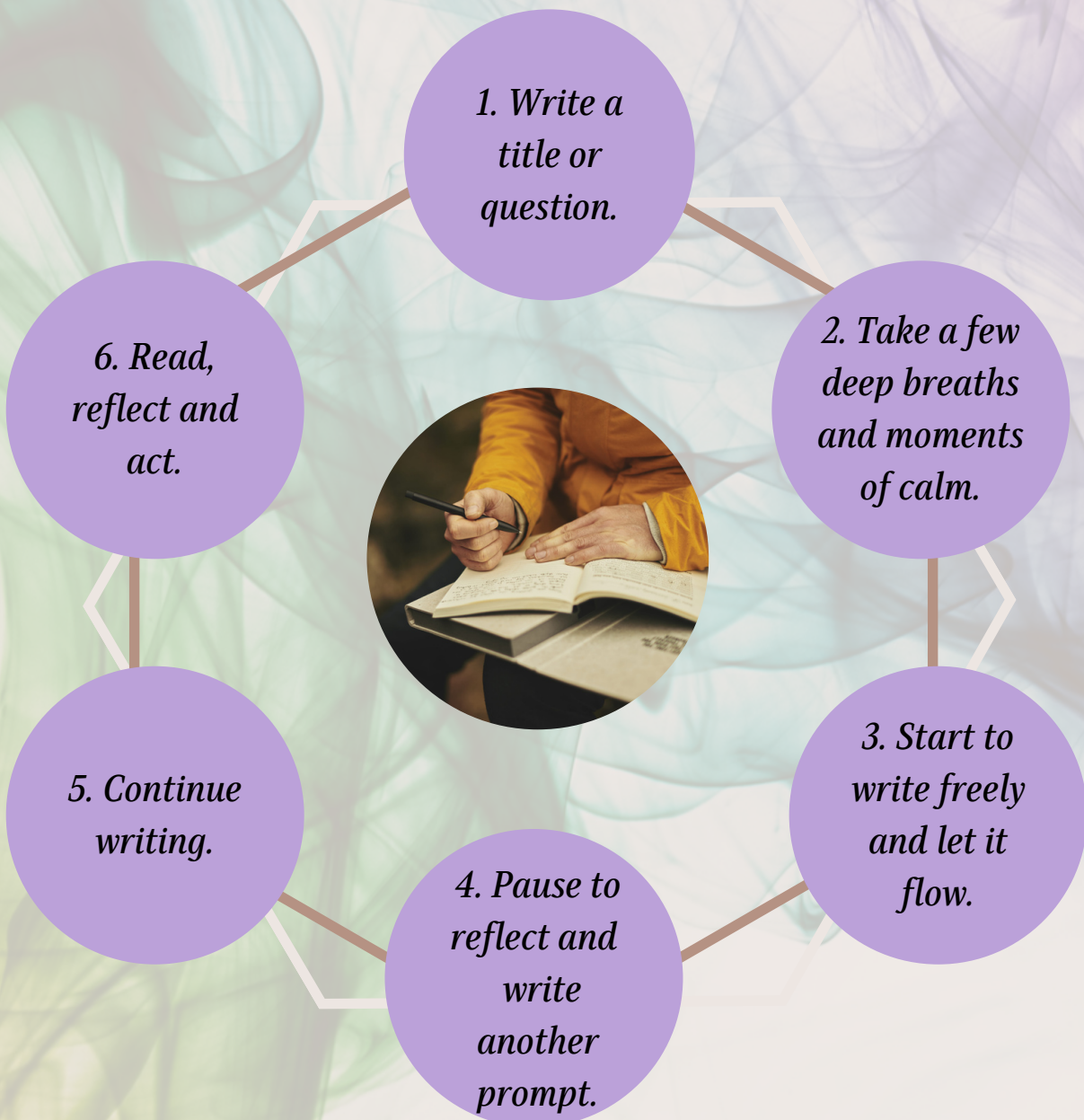


## *Let it flow*

Don't worry about spellings, punctuation or grammar, instead, let your writing flow naturally. No one is going to read it. It is yours alone.

# The Journaling Cycle

Use this cycle to support your process.



# All about you!

*Draw and label your positive and negative traits. How could you turn any negative traits into positive ones? For example 'bossy' can be reframed as 'strong willed'.*















Describe a 'worst case scenario' day at work.

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What does your inner child enjoy doing?  
How will you incorporate that 'fun' into your life?

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Describe a situation where you were not true to yourself or put on a 'mask'.

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Why did you go into teaching? If you were to choose again, would you still choose teaching? If not, what would you do?

Date \_\_\_\_\_

Lined writing area with horizontal lines for text.











*Describe what success looks like to you.  
Does your version include time for you and your family?*

Date \_\_\_\_\_

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A series of 24 horizontal solid lines for writing practice, arranged in a single column.



# Reflection Page

*You may want to use this page to draw or write a reflection after completing one of the prompts.*

# I'm Lynn How, The Wellbeing Lady...



Thank you for downloading my eBook all about journaling for teachers. I hope you have found it useful. I would love to hear about your experiences!

As an author, journaling is a huge passion of mine and has helped me over the years to reflect on and sort through some big situations and feelings. When I can't make sense of an issue, this process allows my higher consciousness to support me. All the best answers come from within and sometimes having a written conversation with yourself is all you need!

It's my mission to support teachers in setting healthy boundaries, putting themselves first for a change and making positive choices to support their next steps.

## ...LET'S KEEP IN TOUCH

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