



Need help beginning your journaling practice?

*Reflect, Relate, Release!*



## *Effective Journaling Checklist*

"Journaling and reflecting in itself is always beneficial. However, intentional journaling and reflecting can support *personal and professional growth, self-care, and inner-healing.*"



# Effective Journaling Checklist:

1. Determine your reason or purpose for journaling. Then, pick a ***focus point*** for reflection and growth,

2. Once you determine your purpose in, choose the ***type of journaling*** that is more beneficial to your goal. It can make a difference. Certain structures, target specific outcomes,

3. If you have difficulty writing, start with a ***"brain dump,"*** or stream of consciousness, *...free-flowing thoughts.*

4. For motivation, you can reflect on quotes or affirmations on a specific topic. Ex. If you are looking ***for spiritual growth,*** begin with biblical verses/passages and a prayer journal.

5. If you are looking to increase your ***positive or good vibrations,*** you can begin with a "gratitude" journal.

6. Incorporate journaling into your daily routine-- as a morning or evening practice. *There are benefits to both.* Remember: ***What you focus on expands or grows.***

7. You can also join a group or individual journaling practice, where a ***"coach"*** guides you through various journaling topics and practices. You can discuss your specific need or areas of growth. *Make sure the coach is an experienced journaling and writing coach.*



Looking for a writing or journaling coach?

Access the link below.





Need Some Help?

## *"Reflect, Relate, Release."*

Have any questions about this checklist? Or stuck on beginning a journaling practice? You can contact me using the link in the bio, or via direct message. You can also begin your journaling practice with "**Reflect, Relate, Release: A Journal for Women with Packed Days and Restless Nights.**"

<https://www.amazon.com/Reflect-Relate-Release-JOURNAL-RESTLESS/dp/B08>

[www.ReflectRelateRelease.com](http://www.ReflectRelateRelease.com)