



# Journal prompts

## *for self reflection*

Most of us have probably heard about the benefits of journaling for our mental health. While sometimes it may feel easy to put pen to paper and find the right words, at other points it's not so straightforward. Particularly when there's a lot happening, it can be really difficult to find the motivation, or know where or how to start. We absolutely understand that journaling is not everyone's cup of tea, but if it's something that you're wanting try (or if you're just looking for some new inspiration) read ahead... We've got some journal prompts for you!

- **Write a letter to your future self**

*Some ideas:* You can think about the things you'd like them to remember, what you hope exists in their life, ask them what's important and meaningful to them.

- **Write a letter to yourself as if you were writing to a friend**

Take a step outside of yourself if you can and address a letter to yourself, write it as if you were writing it to a good friend. Being honest but kind.

- **Write a poem**

It doesn't have to rhyme/have a particular structure, it can sometimes just be easier to get a particular feeling out when you don't have to worry about the usual grammar rules

- **Taking inspiration from the environment**

Sometimes this one can be a little easier somewhere outside/in nature, but it can be done anywhere. Pick something in your environment to focus on and write about it in as much detail as you can. Describe it's physical qualities if you like, or you can even get a little creative and come up with a story that's inspired by the object/aspect of the space.

