JOURNAL

Hull University Teaching Hospitals NHS Trust

Journaling can offer us perspective, and allow us to reflect while being present, therefore enable us to be more mindful. Journaling can help us regulate our emotions and live in alignment to our values.



TUESDAY

- Today I accomplished...
- I had a positive experience with...
- Something I did for someone...

THURSDAY

- Today I was challenged by...

- I felt confident in myself when...

- I was proud of someone else because...

SATURDAY

- Today I tried...
- I am grateful for...
- This week I felt...

MONDAY

- Today I had fun when...
- Something I did well today...
- I hope to...

WEDNESDAY

- Today was interesting because...
- I felt good about myself when...
- I am looking forward to...

FRIDAY

- Today I enjoyed...
- I felt encouraged when...
- A positive thing I witnessed...

SUNDAY

- This week I learnt...
- This week I enjoyed...
- I am looking forward to...