



Unravelling Your Thoughts

JOURNALING GUIDE

A practical guide to help you get to know your
innermost self through journaling.

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An Introduction

So often we look externally for advice and guidance in our lives, when deep down we know what we want and need. Journaling helps open up the line of communication to our intuition and subconscious so that we can deepen our relationship with ourselves and learn to trust our inner wisdom.

Journaling is such a helpful tool that we can lean on, whether we are going through a difficult time in our lives, are feeling stuck, or want to focus in on what we feel grateful for. Journaling is a relatively inexpensive and accessible way to help us gain some perspective and tune into our minds and bodies.

"In a world that encourages you to look externally for guidance, information and clarity, journaling is a practice that instead supports you to look within."

- Connie Chapman

This Journaling Guide is meant to be used as a tool for those looking to begin or deepen their journaling practice, and develop a deeper connection with their higher self. It will provide some helpful tips on developing a relationship with your journal and your intuition, as well as guidance on how to overcome some of the challenges you may face in your journaling practice.

Getting Started

FIND YOUR WHY

Recognizing why you want to journal is important for making sure that you're doing this practice for yourself and not just because some IG feed told you too (although that would be good advice!).

Journaling is a very personal practice and when your intention to journal comes from within you, you're better able to recognize the benefits it can have for you personally. Journaling is a great way to get more in touch with your inner self. It can help you become more aware of yourself and your needs during times of conflict, help you manifest your dreams by helping you find clarity, or help you appreciate what you have by recognizing what you're most grateful for.

So start by asking yourself, what purpose do I want my journal to serve? What kind of relationship do I want to have with my journal? What intentions do I want to set for my journaling practice.

Know that you might have multiple purposes or intentions for your journaling practice, or that these intentions will shift and change over time, and that's ok!



Connect With Your Journal

GIVE YOURSELF TIME & SPACE

If you've never journalled before, or it's been a long time, give yourself space to connect with your journal. Taking the time to build a relationship with your journal will help it become the tool you turn to to work things out, establish your dreams, or make note of what counts. This process will also help you recognize that it is a safe space to let out your thoughts and innermost feelings.

Tips on Building a Relationship with Your Journal:

- Find a journal that represents you and feels special to you
 - Just like your favourite top or lucky undies, invest in a journal that you love and visually connect with
- Set up your space
 - If possible, find a cozy and safe space where you feel comfortable to open up and won't be disturbed
 - Lighting candles or incense, playing music, or having crystals nearby are a great way to make your journaling practice feel like a self care ritual
- Dedicate a specific time of the day or week for your journaling practice
 - I've personally incorporated my journaling practice into my morning routine, and although I may not journal everyday I know that I have that time set aside for myself if there's something I need or want to journal through
 - Incorporating journaling into your evening bath, or making it into a Sunday ritual are great options as well

Tune Into Your Inner Self

For me, my journaling practice will always hold the purpose of giving myself the space I need to heal and process whatever it is that I'm going through at that time. Sometimes my best journaling sessions are when I don't think I have anything to journal about, but I know there is discomfort within me, so I sit with my journal and encourage myself to just start writing, even if I don't know where it's going to go. Oftentimes those are the days I write the most, and so I let my intention for my journal be about giving myself space for these things to surface.

Recognizing that underlying discomfort within takes time if it's something you haven't been practicing already, so if possible, try and make some space in your day where you can sit and check in with how you're feeling before you start journaling. This is a great starting point for developing your intuition and connecting with your inner self. Once this feels familiar to you, begin to incorporate your journal as a tool for recording those feelings and connecting with what they may be trying to communicate with you.

Below are some tips and tricks to help you tune in with yourself and let it flow through your journal.



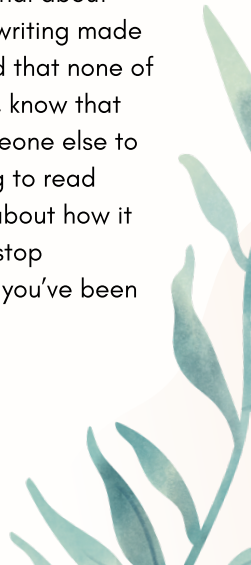
Tune Into Your Inner Self

Meditate

Before you start journaling, take some time to tune into your inner self. Start by placing one hand on your heart and one hand on your belly take three deep breaths and feel yourself settle. Continue to breathe naturally, feeling your chest rise and fall. Notice any tension or discomfort within your body and try to feel into any emotions that may be stuck in that space. Breathe into the discomfort, with each inhale feel the space expand allowing for new energy to fill in, and with each exhale release any tension or emotions that may be present. Take note of the emotions that arise for you and reflect on them in your journaling practice.

Let it Flow

I used to be so self conscious when writing in my journal about how messy my writing was, my spelling, if what I was writing made sense, had a theme, or flowed well. But I soon learned that none of this matters. When you begin your journaling practice, know that you are writing to get these thoughts out, not for someone else to read and have them sink in. Know that no one is going to read through it once you've started writing so don't worry about how it comes out. Once you begin opening yourself up and stop monitoring or judging yourself you'll notice how much you've been holding onto inside.



Journaling Prompts

TO GET YOU STARTED

Connect to Your Intuition

- Is there something that I am looking for guidance or clarity on?
- Is there something within me that I need to express and let out?
- Is there a need I have that isn't being met?
- What message do I need to hear right now?

Manifest Your Dreams

- What inspires me?
- What do I desire?
- What feelings do I associate with what I desire? Imagine and record how this version of yourself would *be* and *feel*.
- How can I embody those feelings today?

Find Your Purpose & Happiness

- What makes my heart feel full?
- What makes me feel nourished?
- What do I want more of in my life?
- What limiting beliefs am I holding onto that is keeping me from my purpose and happiness?
- What am I grateful for today?

Working Through Challenges

- What emotions am I feeling right now?
- What insecurities, fears or past traumas is this triggering for me?
- What needs of mine aren't being met?
- What can I learn from this situation? How will it help me grow?
- How can I embrace this challenge and move forward?

Crystals for Journaling

ALIGN YOUR VIBRATIONS

Crystals hold the vibrations of the earth. Each crystal's vibration has its own unique frequency depending on where it's found and how it's formed. Having a crystal nearby during your journaling practice can help you align with the frequency of that stone, helping you overcome certain challenges or provide you with the encouragement that you may need.

Blue Lace Agate

Known for its calming properties, blue lace agate is connected to the heart, helping soothe any pain or confusion so that we can open ourselves up to know unconditional love. This gemstone enhances our ability to communicate what's in our mind and in our heart making it a great stone to journal with it if you are working through challenges with someone close to you. It is the perfect stone to help soothe an overactive mind and help bring you into a state of calm so that you can connect with your heart centre and tune into what you really need.

Clear Quartz

If you are looking for guidance or wanting to manifest your dreams, clear quartz will help bring you the clarity you need. Having this stone nearby while journaling will help clear out any mental or emotional clutter that has built up inside you, allowing you to connect with what it is you truly desire or need to know.



Crystals for Journaling

Amethyst

Amethyst is a stone that is associated with the third eye chakra and known for deepening our connection with our intuition, spirituality, and higher guidance. When journaling with amethyst you can experience greater mental clarity and inner knowing. It is great for enhancing our creativity and breaking through writer's block by helping you tune in and trust yourself in the process.

Jaspers

There are many different kinds of jasper stones but in general jaspers are known to be nurturers and healers, while also inspiring courage and wisdom. Great for grounding, stability and strength, use jasper gemstones if you're going through periods of instability or change and want to find some balance and direction through your journaling practice.

My Top Picks for Jasper Gemstones to Journal With:

- Mookaite Jasper encourages versatility and openness to new experiences, and balances inner and outer experiences, helping you to choose the right path.
- Bumble Bee Jasper helps remove energetic blocks, promoting creativity and willpower. This stone stimulates new projects and helps with manifesting your highest good.