

vitedykh
TAKE A BREATH

Hey there,

So, I guess I'm starting this journal thing. Feels a bit weird, if I'm being honest. I mean, who am I supposed to be writing to anyway? Myself? Future me? The universe? I don't know. But there's this nagging feeling inside me, telling me it's worth a shot.

I feel that constant pressure. Especially from my parents. Maybe even my parents had the same thoughts when they were children. Maybe I should talk to them, but I haven't done that for ages. Last night my mom tried to do that, but I was so angry with her because I didn't want to have dinner with them. But maybe I wasn't right. Okay, I will talk to her.

There are too many thoughts in my head. I feel like I just need to turn off my brain and breathe. I know that I have my whole life ahead of me. And I've overheard talk from my friends. They both said that they are also lost. So maybe it's not only me and we are all going through something.

I definitely don't want to be left behind, but I just can't find my place. Everyone thinks I'm overreacting, but what can I do with my emotions? I keep thinking about the future opportunities in my war-torn country, college, career and important life decisions. How am I supposed to figure it all out?

But also, from the positive side, throughout the day, I experienced moments of pure joy and happiness that made me smile. Whether I was laughing with a friend or enjoying nature's beauty, these moments reminded me of the simple things that make life wonderful.

It's funny, really. I've always been the type to keep my thoughts locked away, hidden from prying eyes. But something about the idea of journaling feels strangely freeing. Like I'm giving myself permission to be vulnerable, to embrace the messy, imperfect and wonderful parts of myself.

Sure, part of me feels silly for even doing this. I mean, who has time to sit around writing in a journal when there are a million other things vying for my attention? But another part of me knows that taking this step is important – that maybe, just maybe, it'll help me make sense of the chaos that is life.

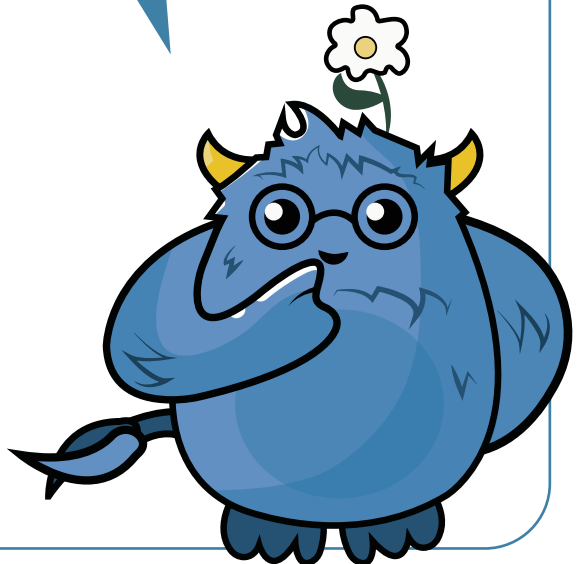


Journal writing is the practice of regularly recording thoughts, feelings, experiences, ideas, and observations in a personal, private format.

Journal writing allows you to:

- Process Events: Sort through events and experiences that have occurred in your life.
- Address Problems: Work through challenges and problems you may be struggling with.
- Express Emotions: Capture and explore emotions such as anger, grief, anxiety, or joy.
- Gain Insights: Reflect on your thoughts and feelings to gain deeper insights into yourself and your life.

By regularly writing about events that trigger your emotions, you can better understand and manage your feelings.



Here are Some Tips for Effective Journaling:

Set a Routine: Aim to write for 20 minutes per day for four consecutive days. Consistency helps in developing a deeper connection with your thoughts and emotions.

Choose the Right Environment: Find a comfortable time and place where you are unlikely to be disturbed. A quiet and safe environment encourages openness and honesty.

Write Freely: As you write about your experiences, let go and write whatever comes to your mind. Don't worry about grammar, spelling, or structure — just let your thoughts flow.

Remember, your journal is a personal space for reflection and expression. There are no rules, only guidelines to help you get started and maintain the habit. Enjoy the journey of self-discovery and emotional healing through journal writing!

What are you looking forward to tomorrow?





What made you genuinely happy today?





What could you have done differently today?



How did you feel at different moments throughout the day?



What are some new skills or knowledge areas that you want to develop?

Handwriting practice lines consisting of multiple horizontal blue lines across the page.

In what ways have I grown as a person over the last year?



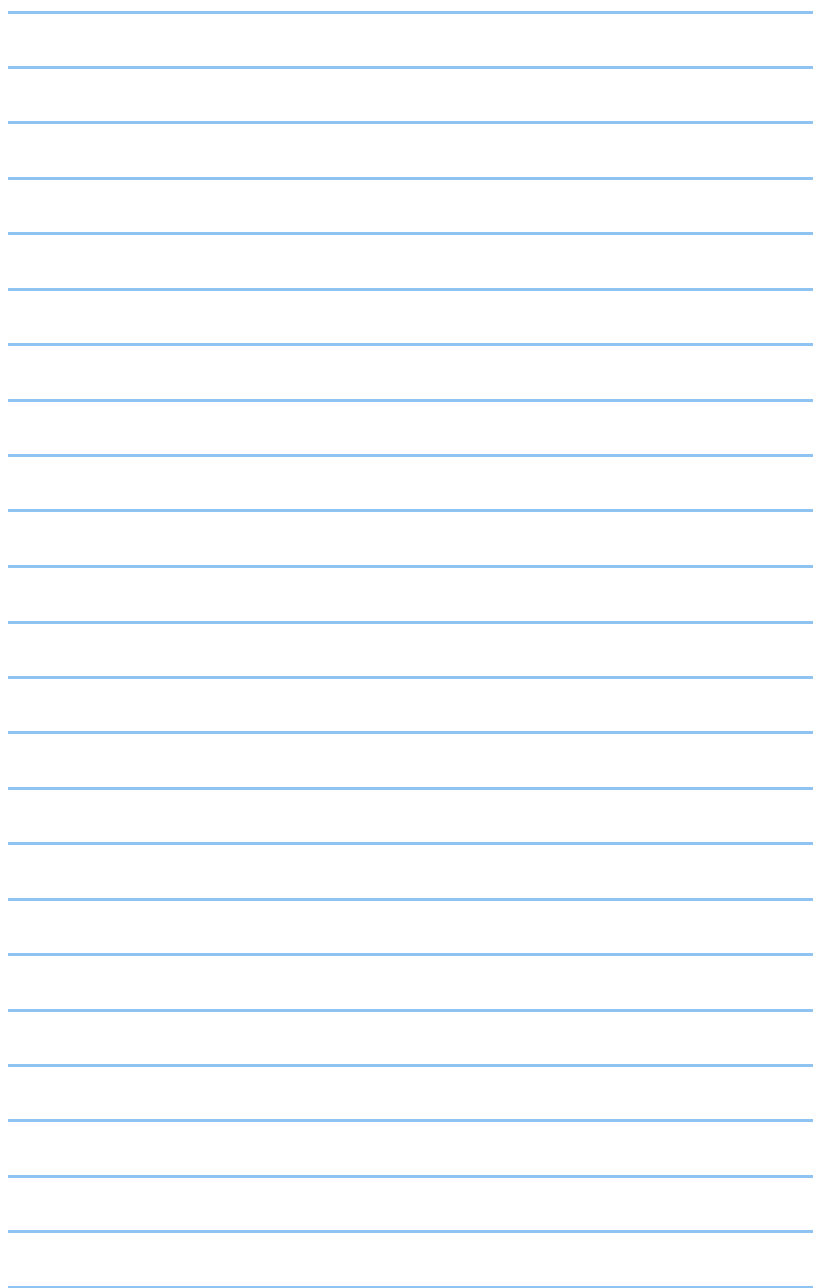
How did you handle any difficult situations that arose today?





What are some things you can do differently tomorrow to have an even better day?





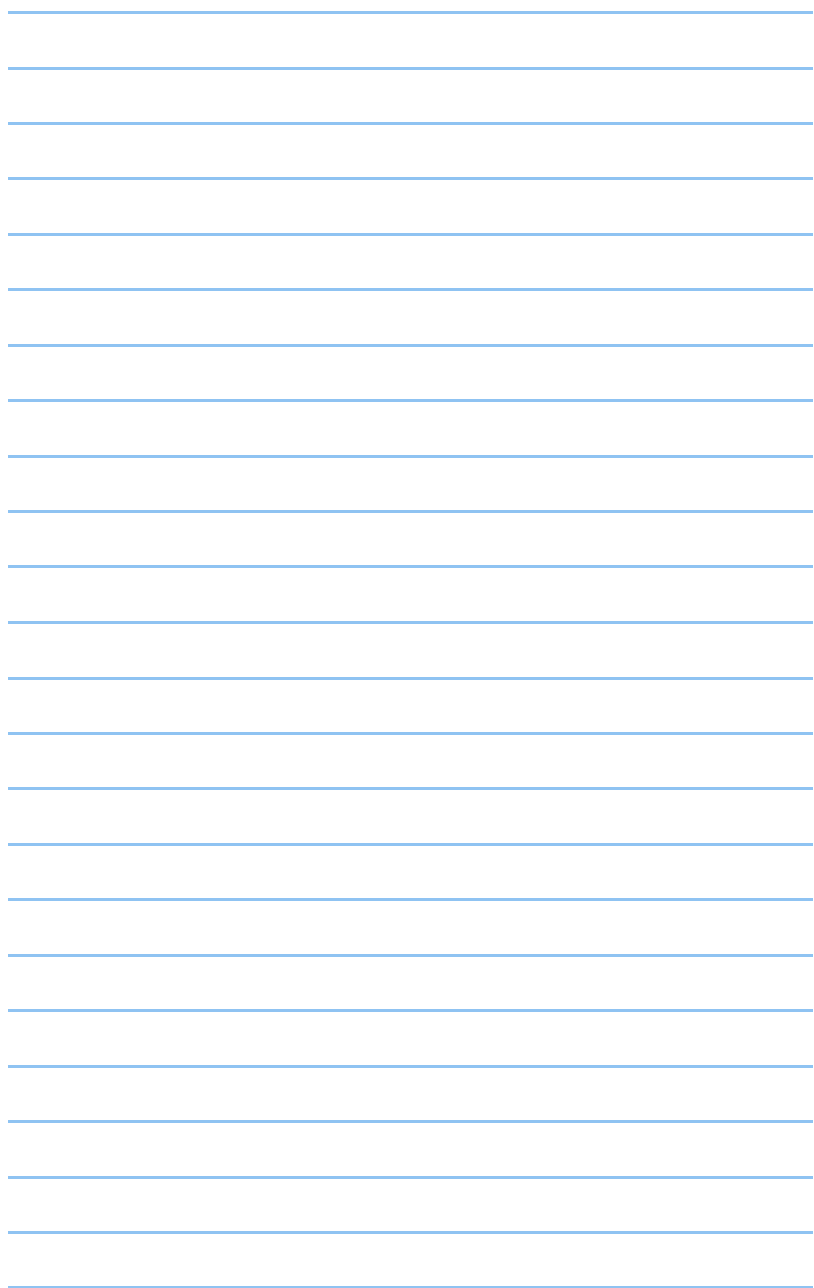


What is your biggest challenge
in life right now?



What were the worst and best days of your life?



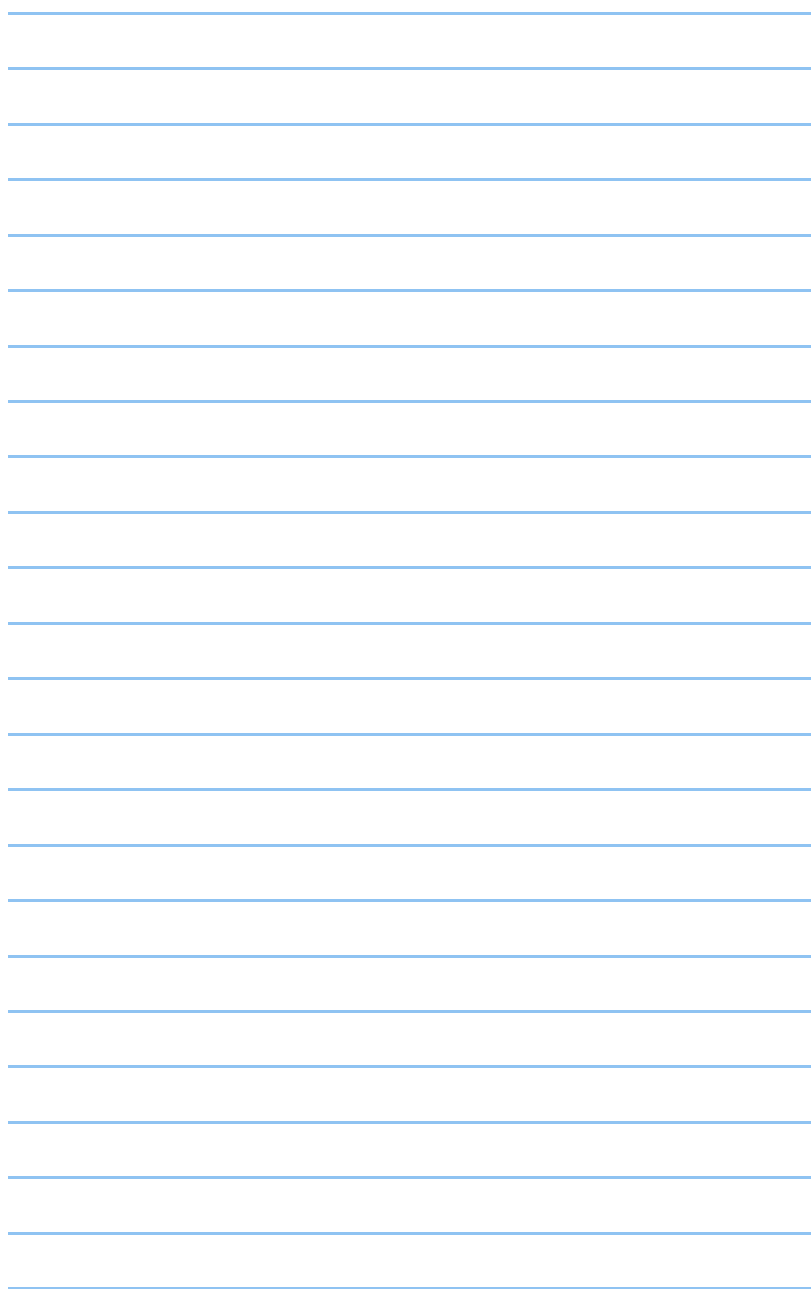


Blank lined paper for writing.





What was a small detail you noticed today?



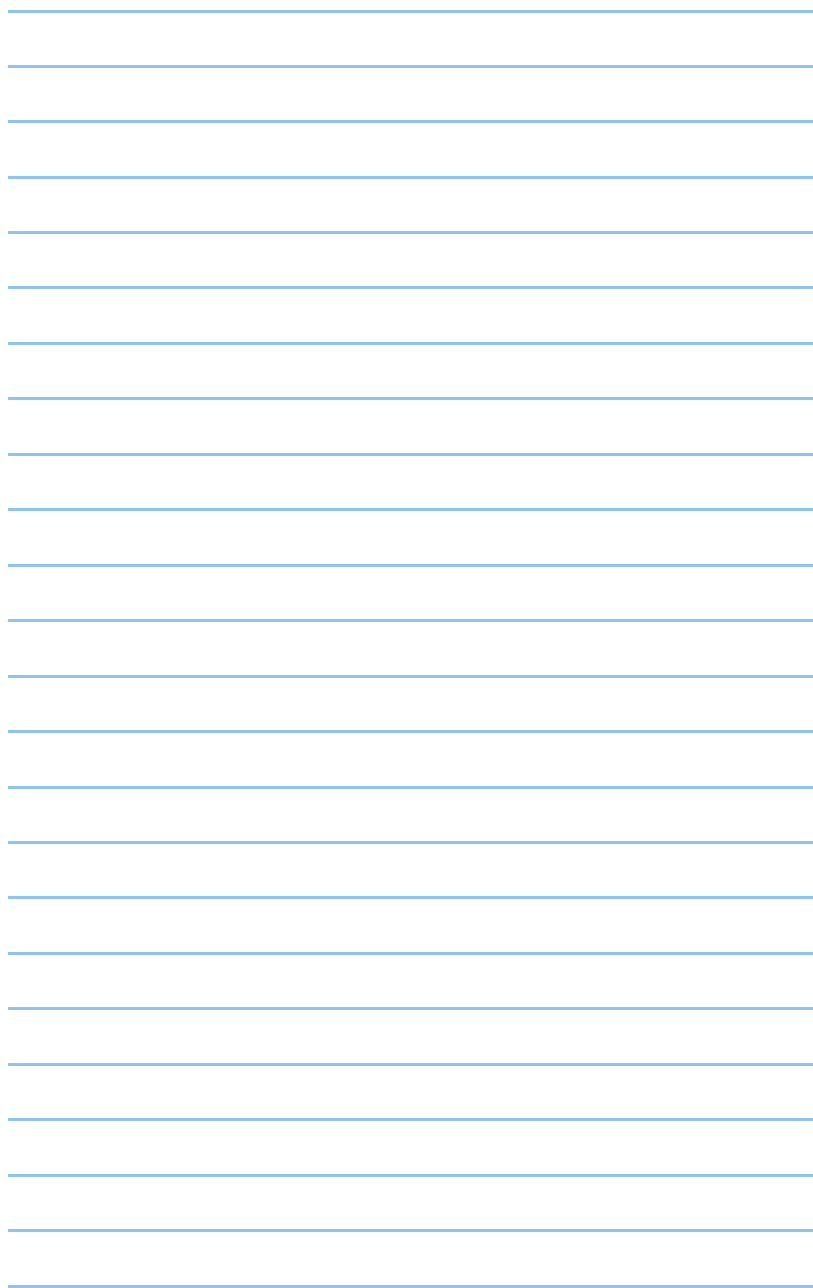


Write a thank-you note
to yourself.



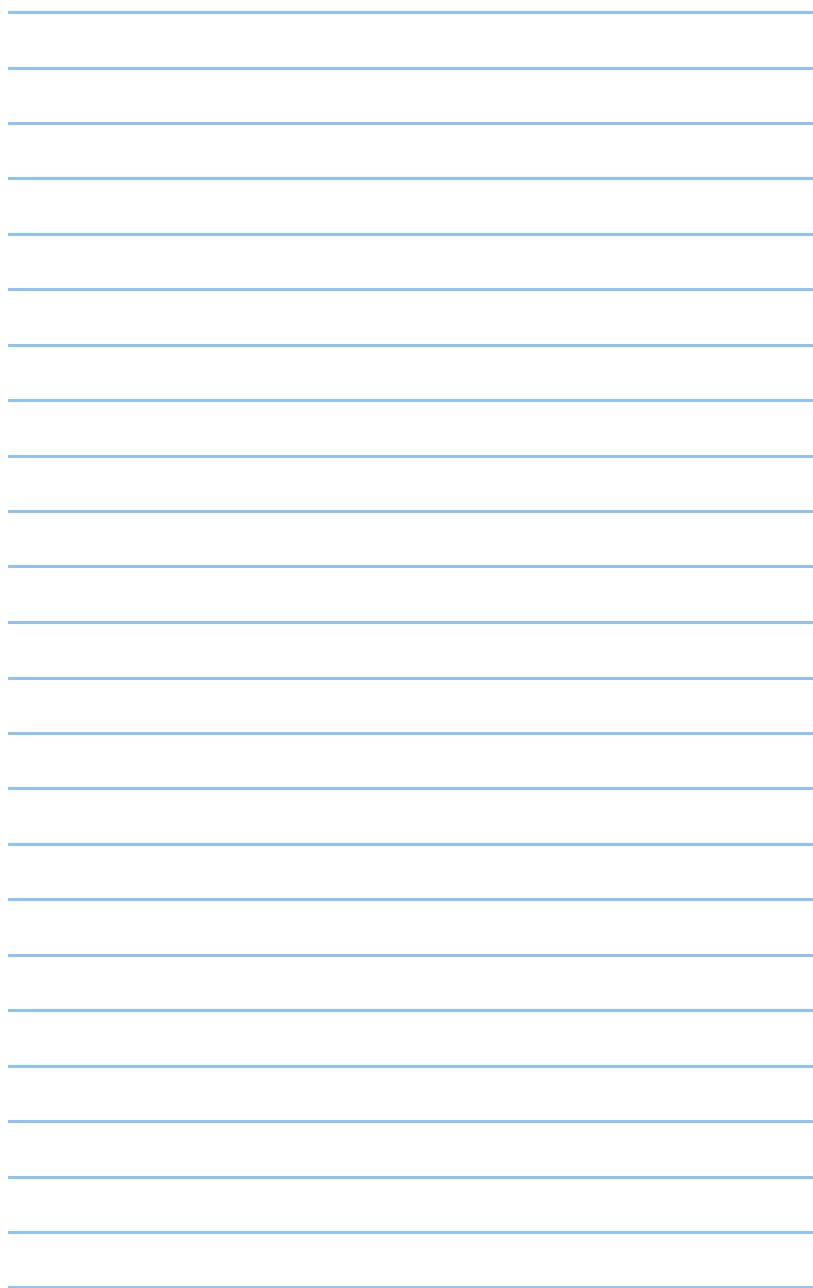
Handwriting practice lines consisting of 20 horizontal blue lines.



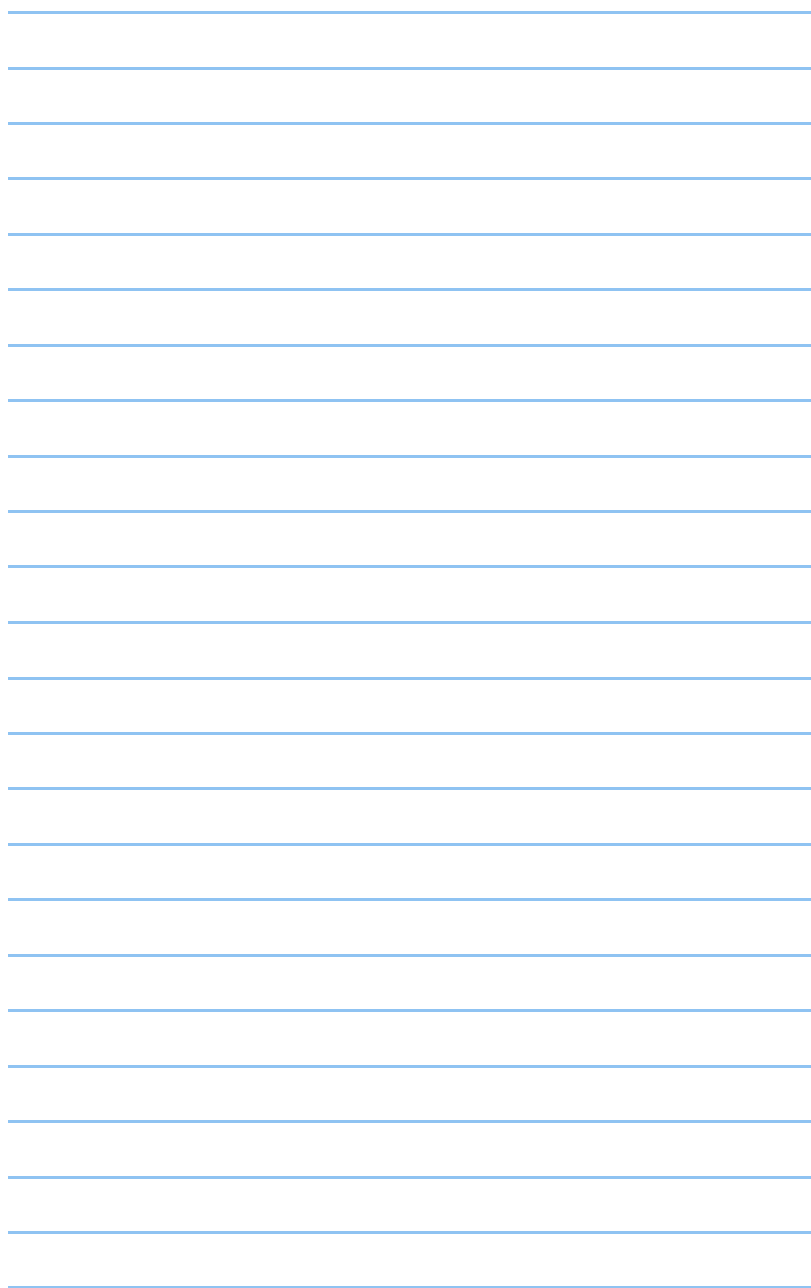




Write a letter to your
10/20/40-year old self

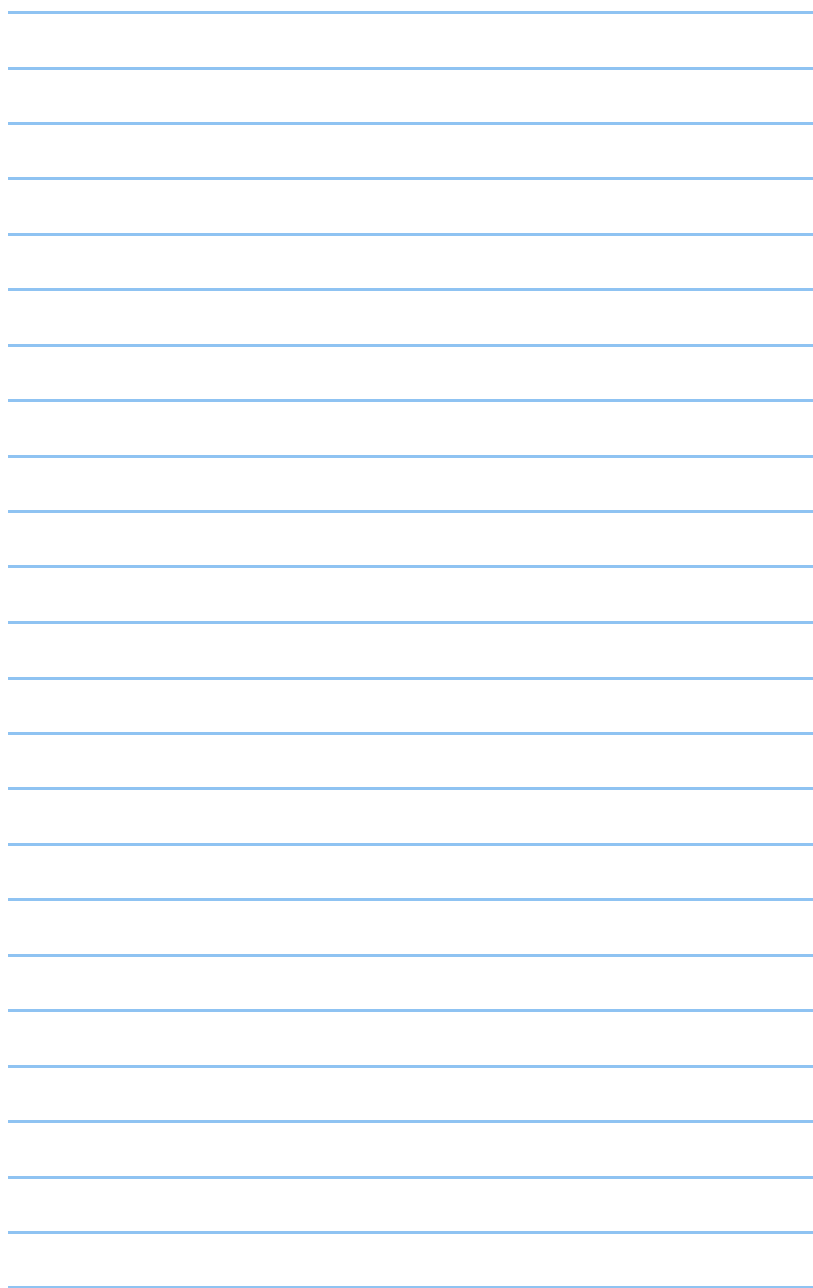


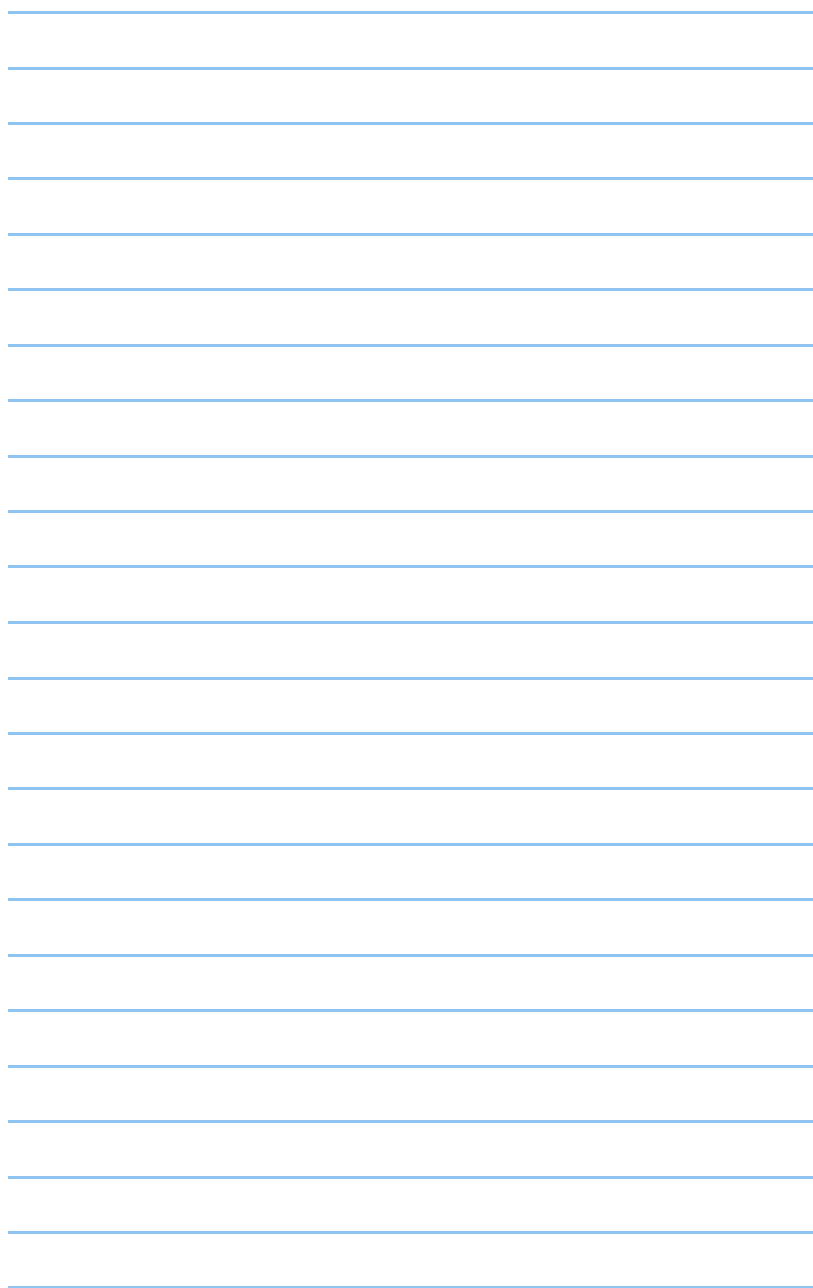




Who are three people in your life
that you are grateful for, and why?

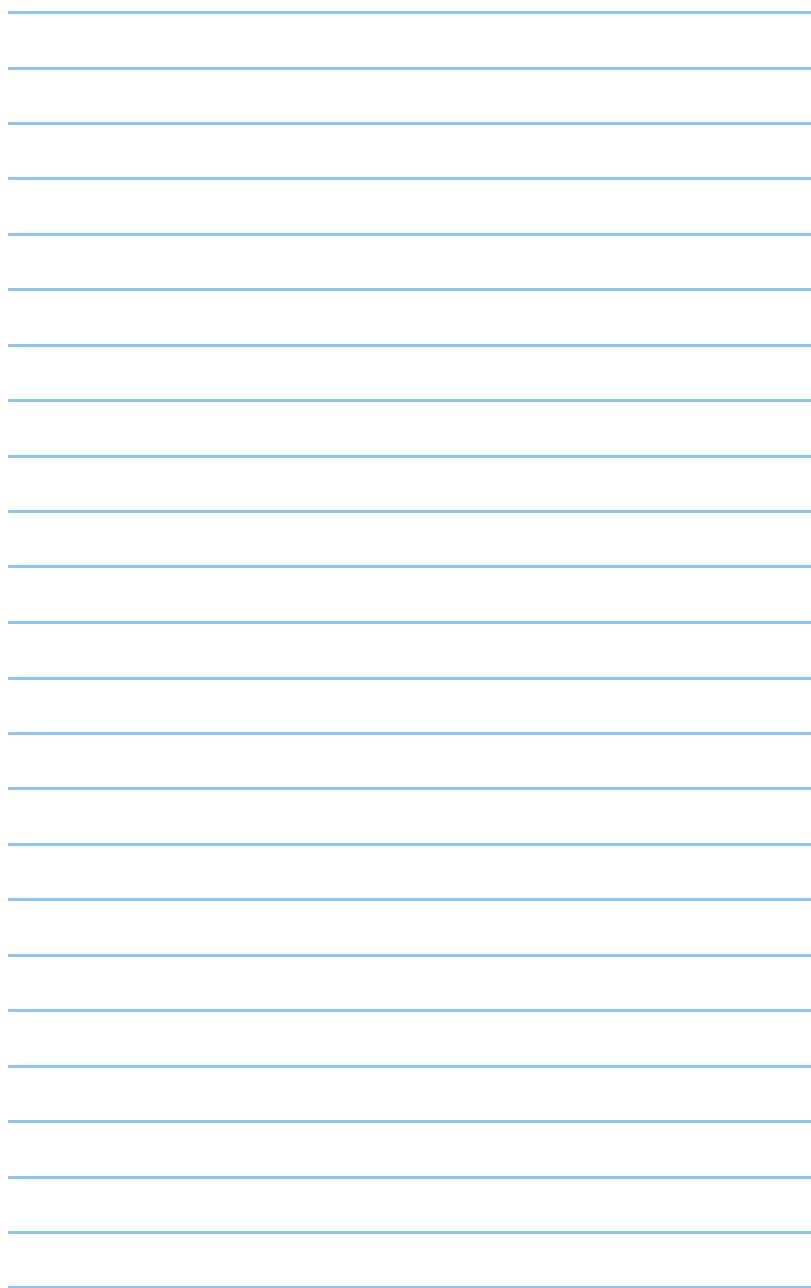






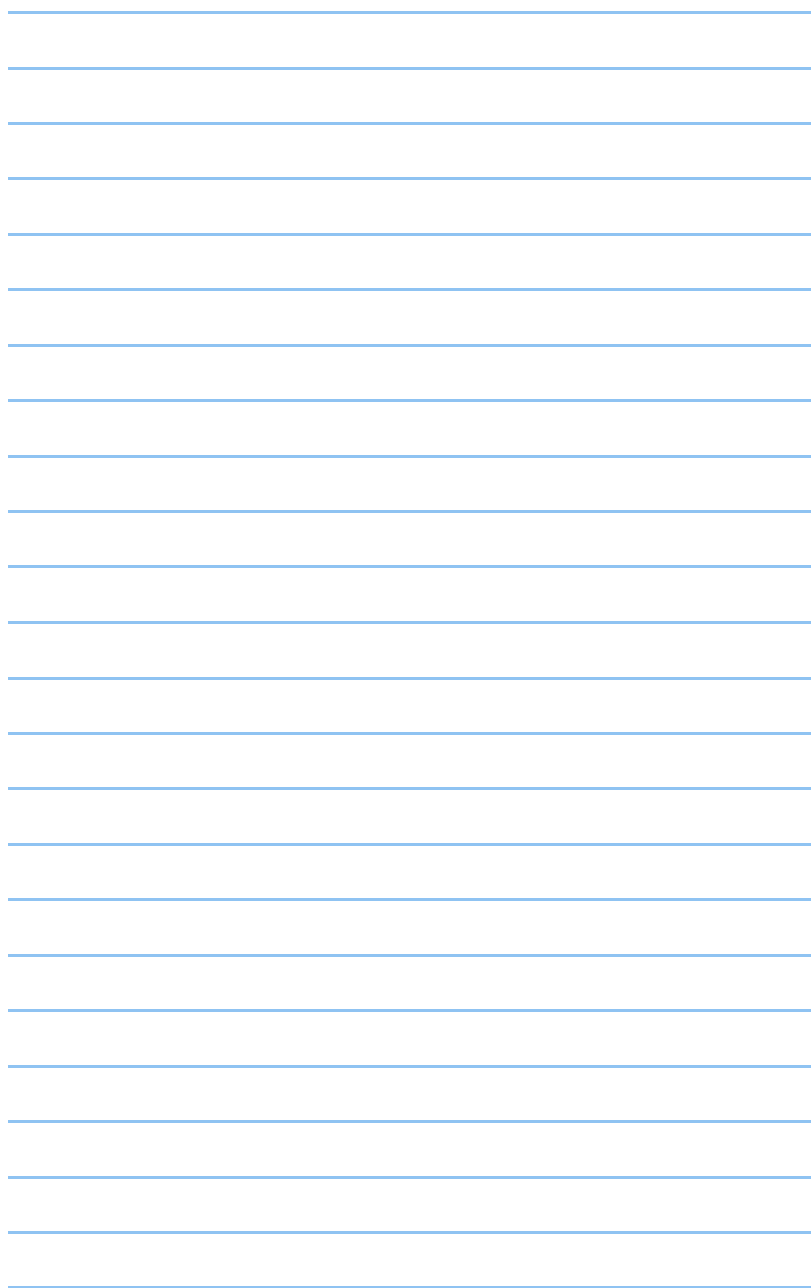
How can you view mistakes and failures as learning opportunities, rather than setbacks or obstacles?





What was the best thing
that happened today?



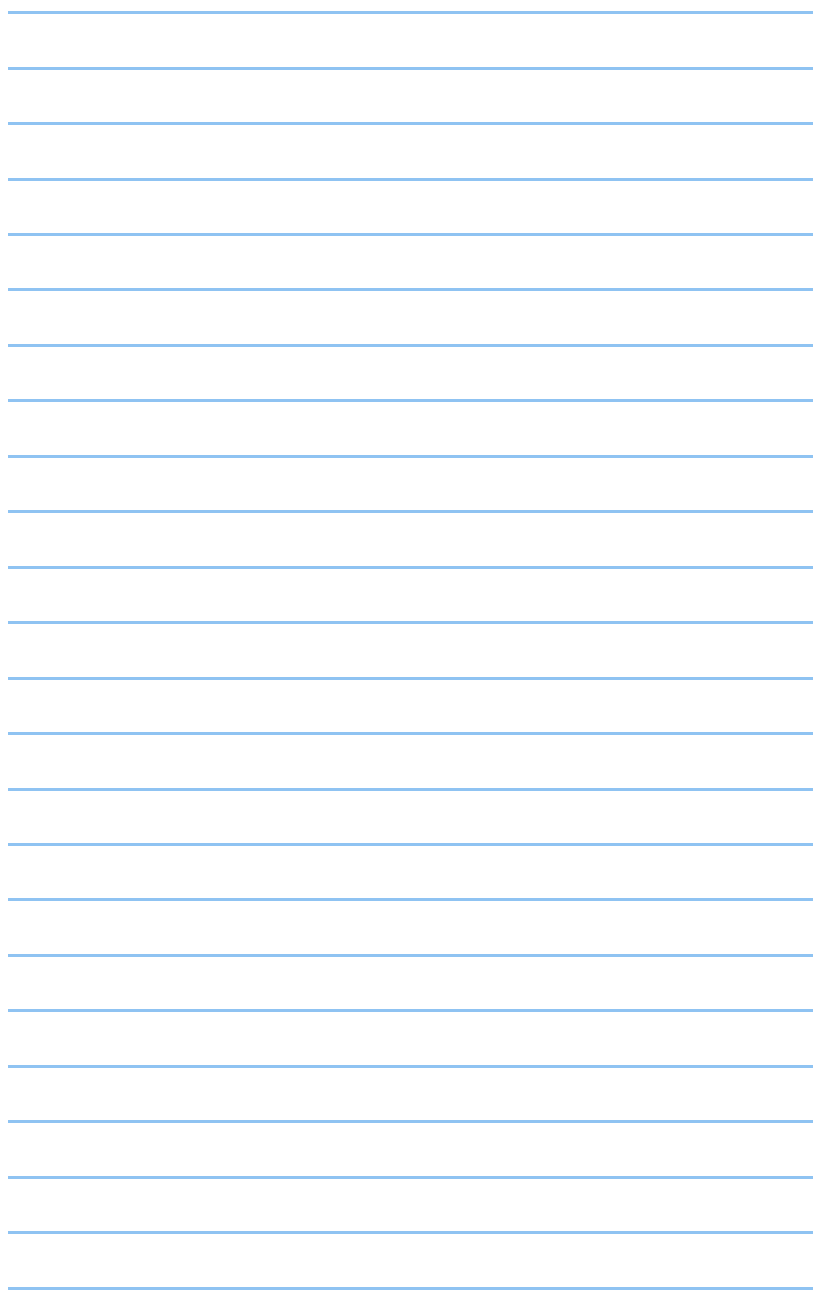


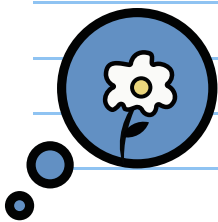
Blank lined paper for writing.



What challenges did I face today?
What can I learn from these experiences?







What am you grateful for today?



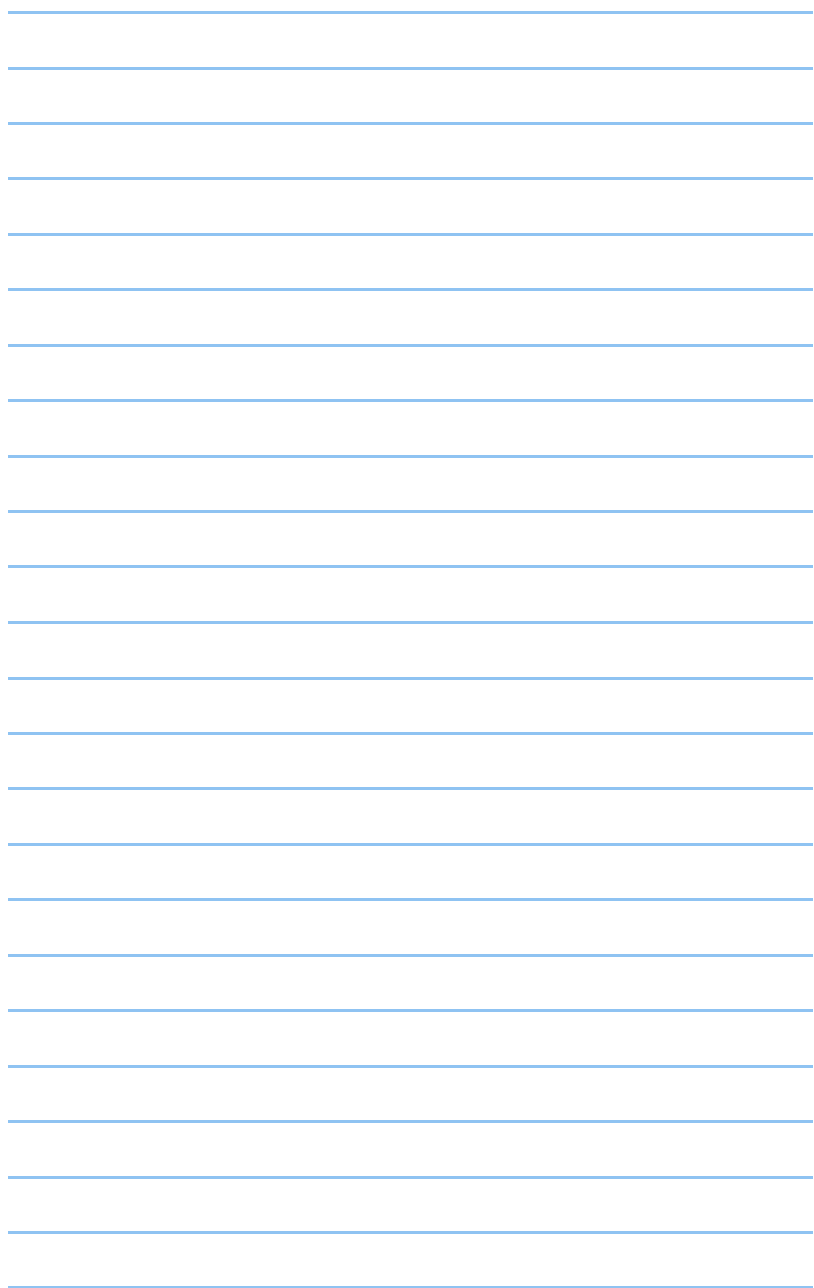


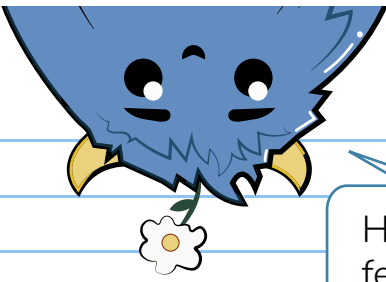
What did you do today
that you are proud of?



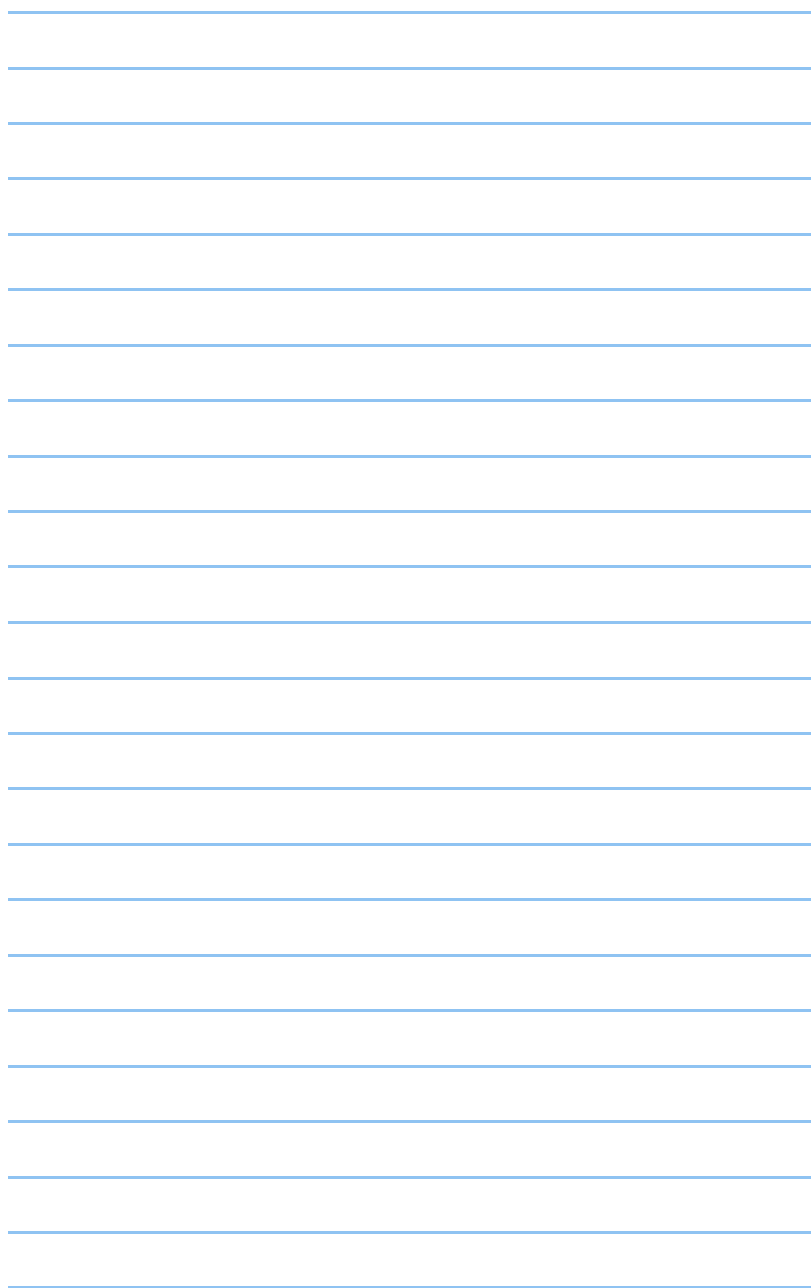
Handwriting practice lines consisting of 20 horizontal blue lines.

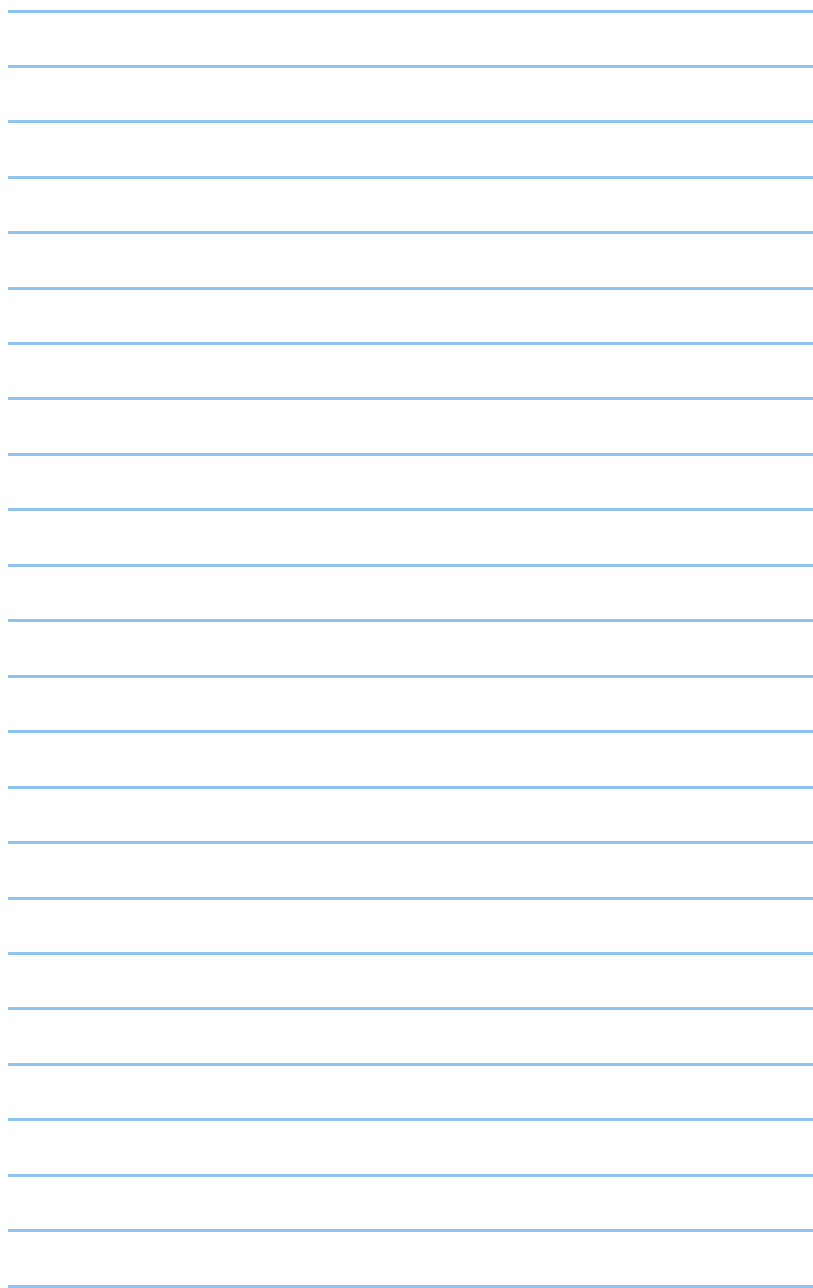






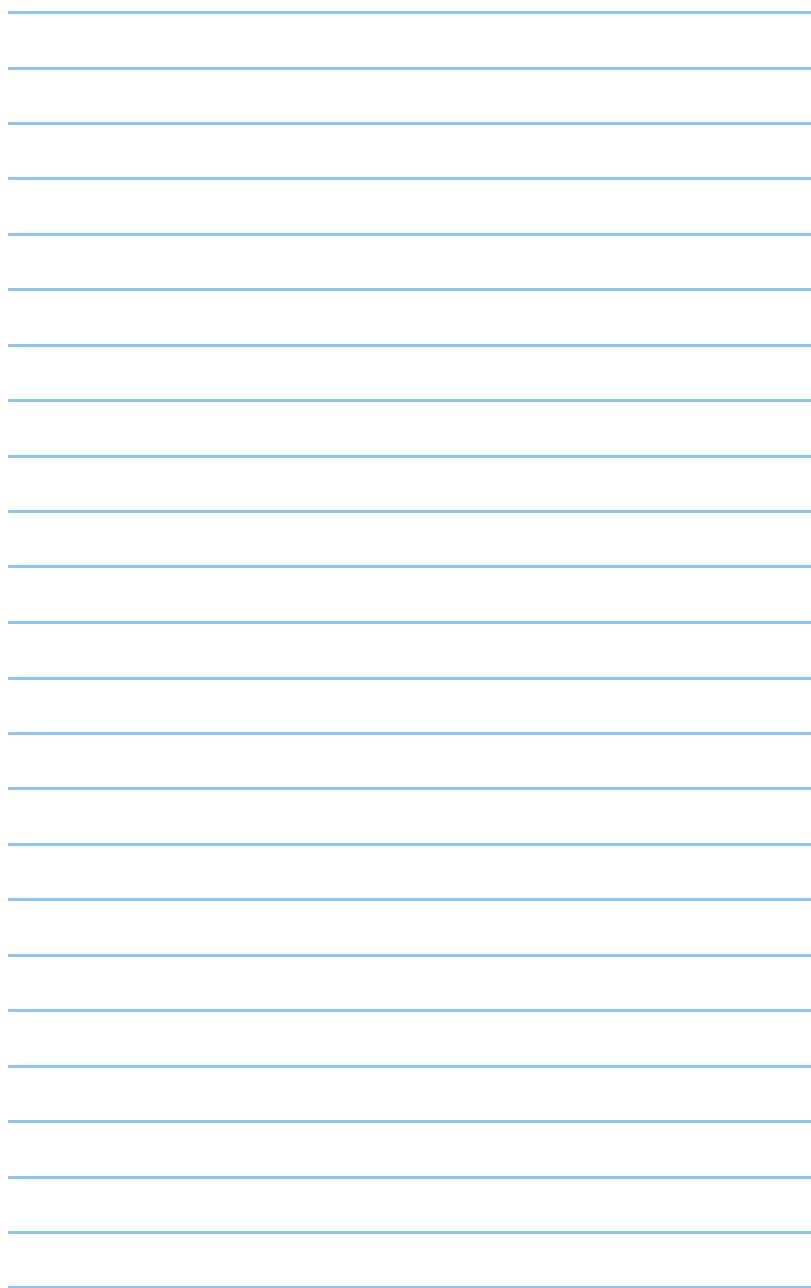
How does my body
feel today?





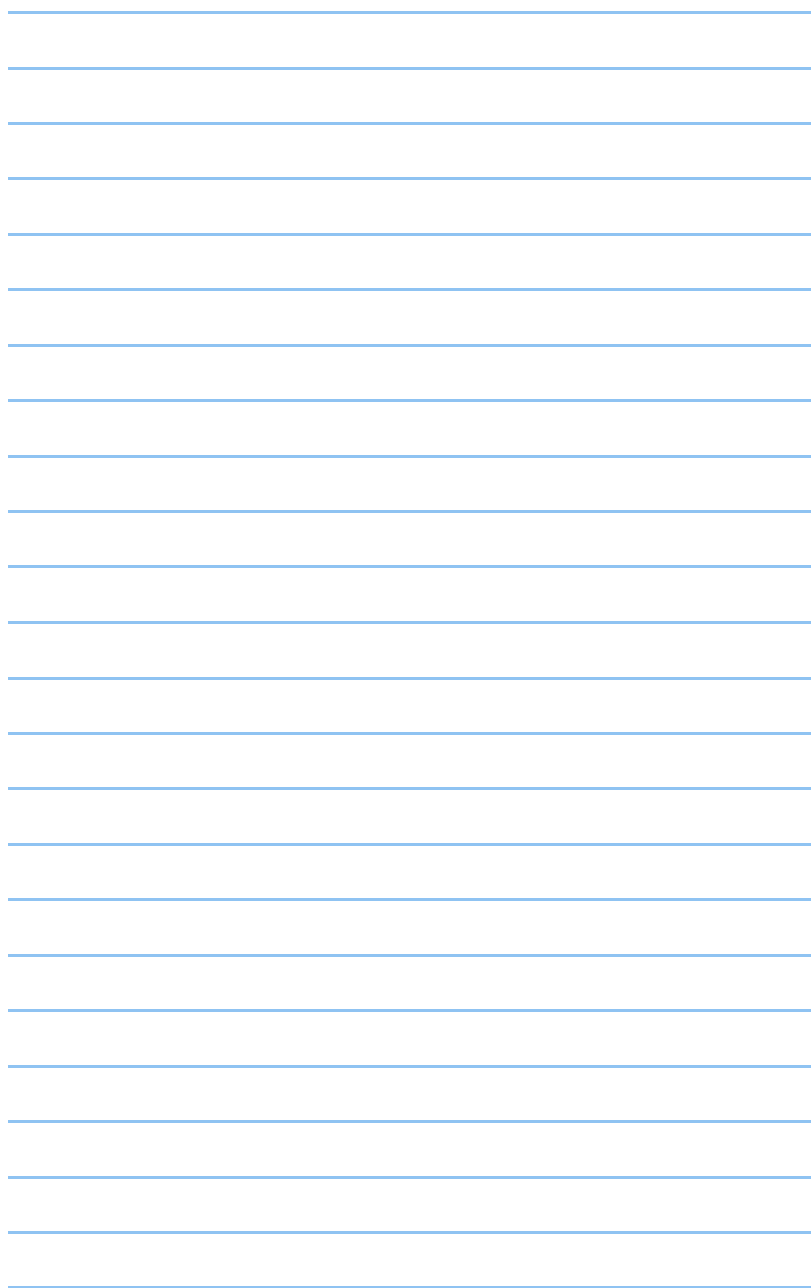
What were the highlights of your day?





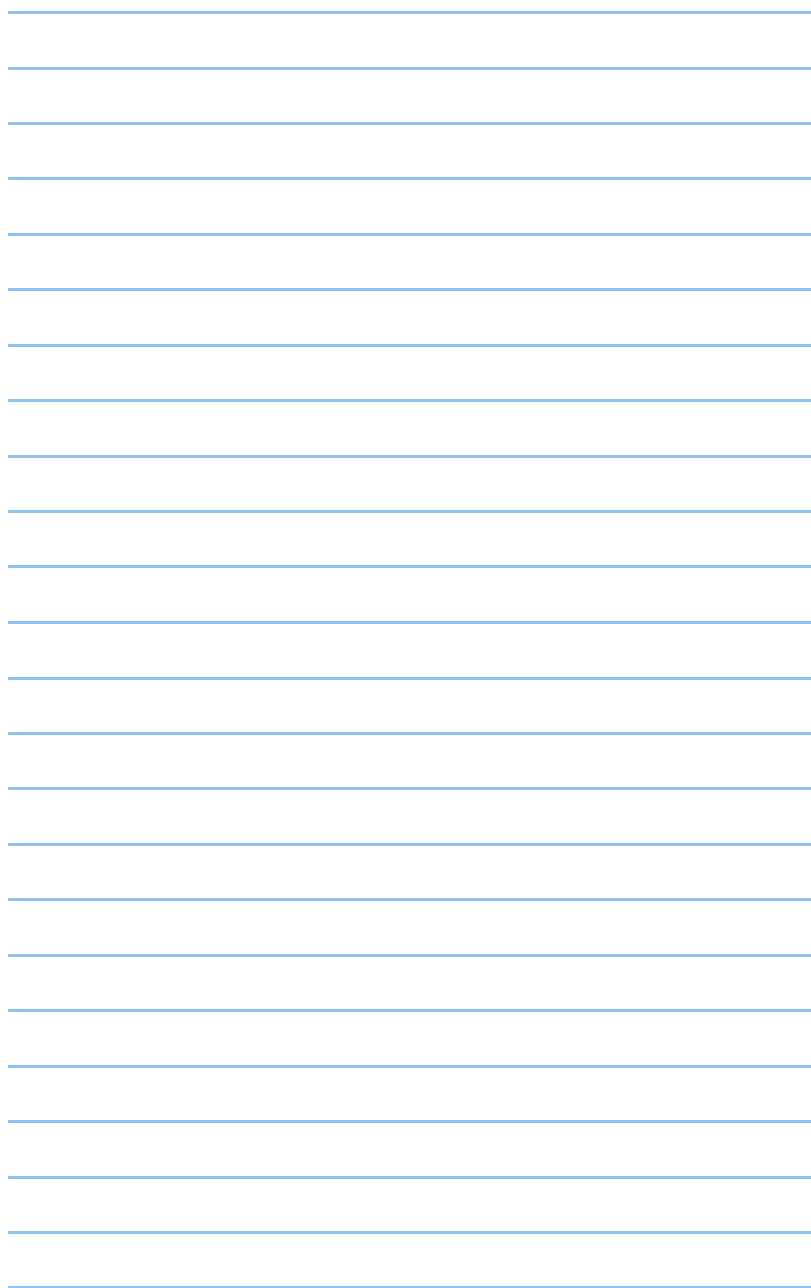
Did you have enough
time and energy to take
care of yourself today?





Did you manage to relax and recover over the past week?

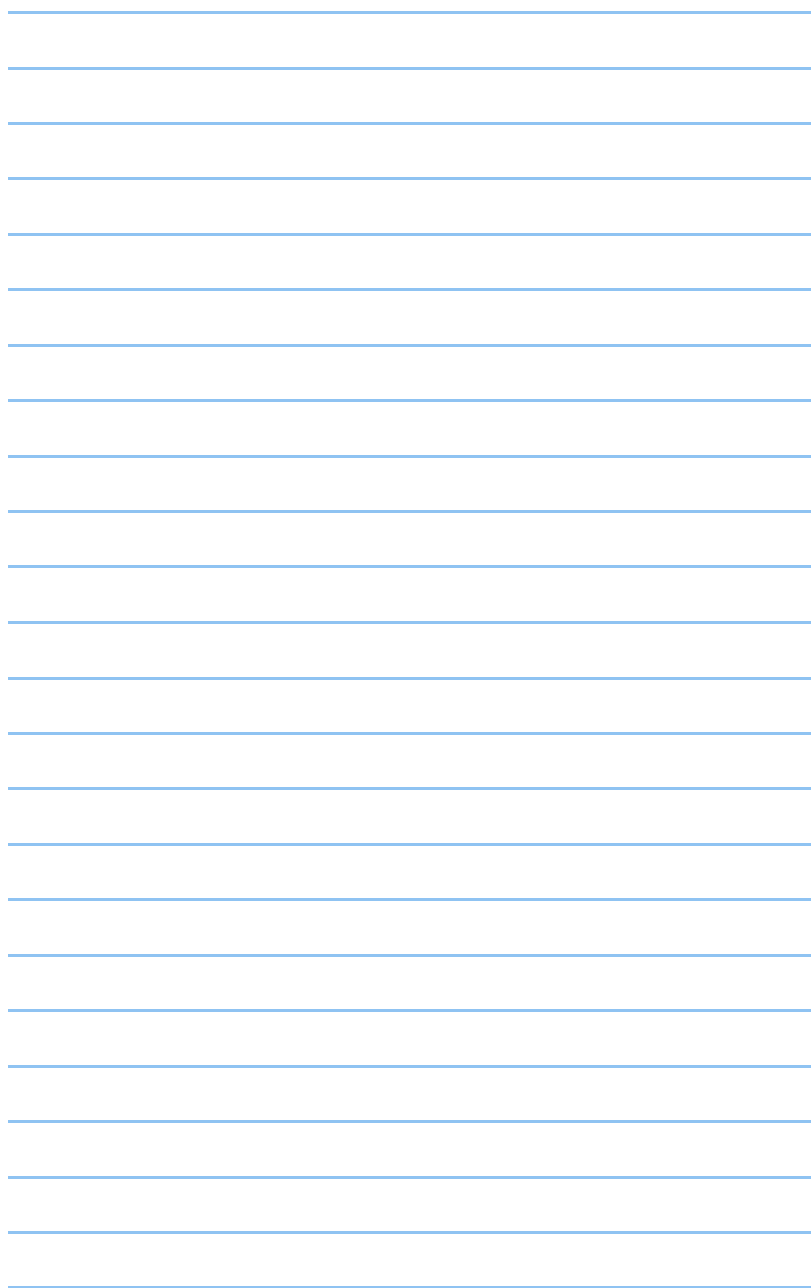




Blank lined paper for writing.

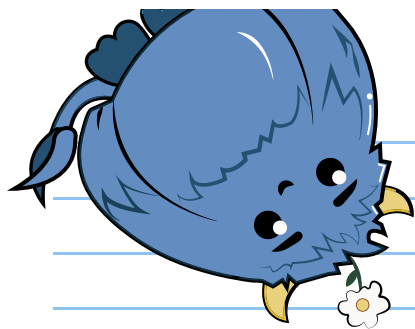








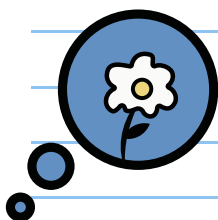






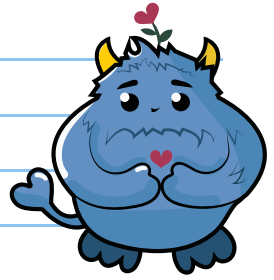


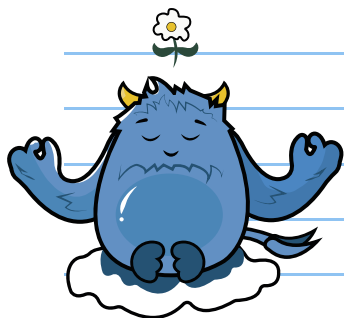


















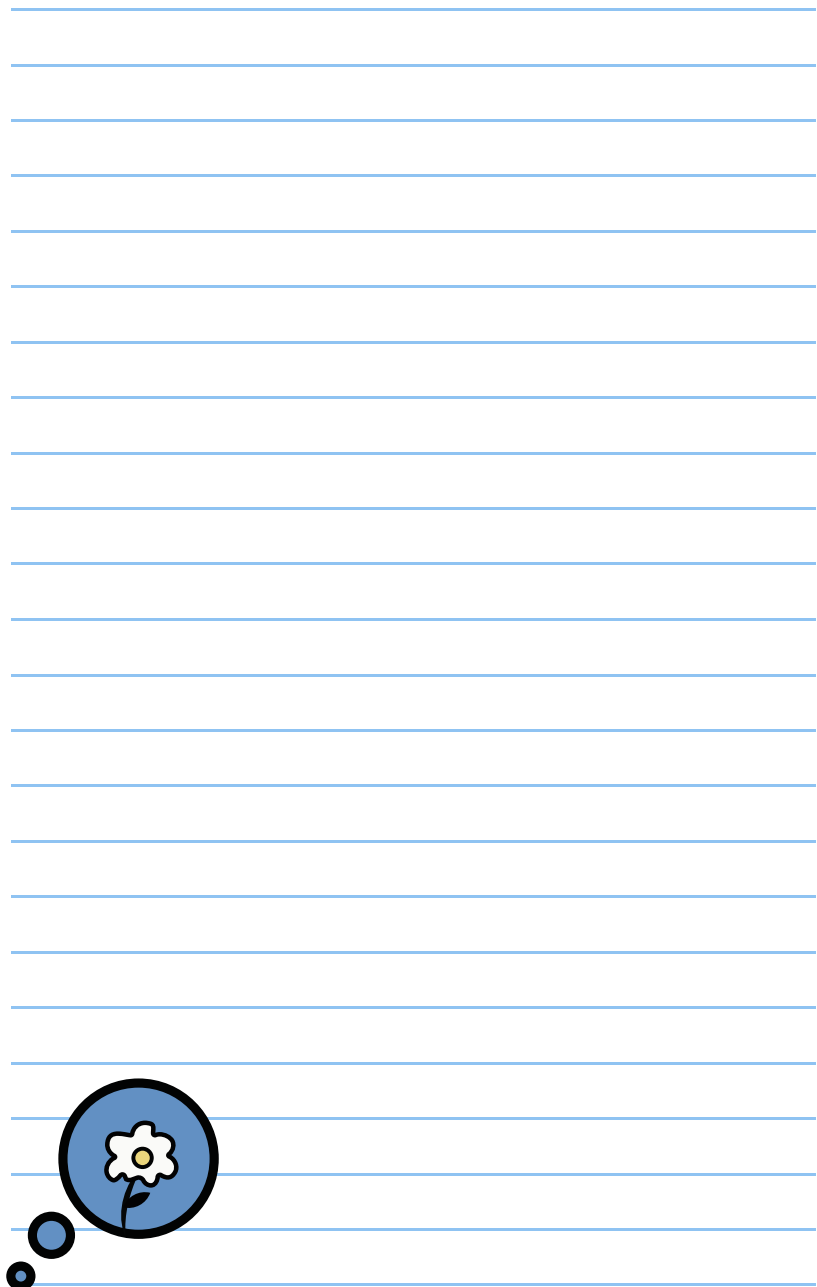




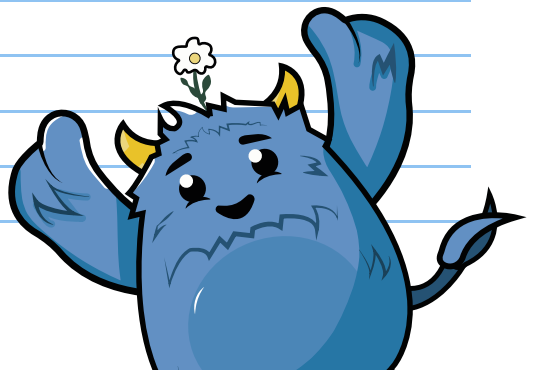
























YOUR EMOTIONS

very unpleasant

anger, depression,
jealousy, anxiety,
worry, concern,
stress, shame,
exhaustion, guilt

pleasant

peace, kindness,
ease, comfort,
thoughtfulness,
gratitude,
satisfaction, safety,
love, fulfillment

unpleasant

disgust, humiliation,
hopelessness,
uncertainty, frustration,
sadness, loneliness,
despair, boredom
confusion

very pleasant

surprise, delight,
excitement, strength,
enthusiasm, joy,
confidence, inspiration,
optimism, pride

Add your emotions that are not on the list:

- Here, you can track your emotions, and now I'll explain how to do it! First of all, choose a few colors, they can be different from those on the previous page!

very unpleasant: ○
 unpleasant: ○
 very pleasant: ○
 pleasant: ○

- Then, color in one square each day. Over time, you'll create a complete picture of your mood!
- This will help you monitor your emotions and understand yourself even better!

And finally, if one day you run out of space in this notebook, don't stop recording your entries. Remember, to continue, all you need is a blank notebook and a positive mindset!

	1	2	3	4	5	6	7	8	9	10	11	12
01												
02												
03												
04												
05												
06												
07												
08												
09												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												







Follow us here

