7 Days of Journaling

Looking to de-stress? Here are 7 days worth of journaling prompts to start you on your journey towards more self-care and less stress.

Thanks for downloading!

If you're like me, you're suuuuuuper picky about the things you download. You don't have a ton of time for clutter on your computer *or* on your desk.

I get it. I really do.

I'm a *bit* of a journal hoarder. I have 5 within arms reach at this moment, plus several guided journals, plus a few notebooks that most people would call journals. But I also hate clutter. I keep these journals organized! I promise!

I love journaling. Journaling has so many benefits: it can reduce stress, increase empathy, help you with communication skills. Plus, it's just plain *fun*. If nothing else, journal for the people you love: to have a record of your life, what you were like, and what you experienced. Journaling is something you can do for yourself most of all: so you can look back and say, I survived those times. My blog is dedicated to finding

These journal prompts are perfect for a week of journaling to de-stress. As I write this introduction, we are nearly 5 weeks into quarantine for COVID19. If you're downloading this right now, you know: these weeks have been **hard**! We all need a bit of self-care in our lives. I hope you find solace in these prompts. Again: thank you for downloading!

Day 1

List all the worries you have right now.
Can you do anything about them?

Day 2

What makes you happiest right now?

Day 3

When you're having a rough moment, how do you feel in your body? What do you hear in your head?

Day 4

What are you most grateful for?

Day 5

What inspires you?

Day 6

Is there a time in your life where you felt best? Worst? What did those times have in common?

Day 7

What are 3 things you do for yourself everyday?
What else can you do to show yourself love?

What's next?

Whether you use these prompts as the workbook provided, or simply copy them into a fresh journal (or your much-loved one!), you're now 7 days closer to a regular journaling habit!

Journaling has brought me a lot of joy and meaning in my life since I was 16 years old! Part of me wishes I had started journaling *earlier* (although the high school journals are bad enough!); but most of all, I'm glad I have made space in my life for so long to journal, record my experiences, and remember the good and bad times.

Thanks for taking the time to download these journal prompts! I hope you and the ones you love are safe and healthy.

your URL here