



6 Week Emotional Wellness Jump Start Journal





Journaling can be just what your emotional health needs. It's a personal outlet for you to process what's going on in your mind and help you overcome stress, anxiety and depression. Use it to jump start your journaling and help keep your emotional well-being at its best.

TIPS FOR SUCCESS:

- **Make it a habit** – Pick a convenient time and write at the same time every day. You can even schedule it into your calendar.
- **Keep it casual** – Don't worry about spelling, grammar, or format. Get your thoughts out any way that works for you!
- **Let it all out** – This is a judgment-free space for you to work on your emotional health. Write openly about your hopes, worries, and feelings.
- **Do it your way** – You can answer the prompts below. 1 question 3 days a week, or all in one sitting, or ignore them and use the free writing space. You Choose!
- **Enjoy the process** – Be kind to yourself. Whatever you discover, be free of judgement, self-doubt, and negative thought patterns.

We really appreciate feedback. If you have any praise, constructive criticism, items to add or take away, or just want to share your journaling experience with us.

[Coach Us using chat.](#) Your story matters to us. We're here to listen.

DATE

MOOD

OPEN WRITING SPACE

Week 1 Awareness

"The first step toward change is awareness. The second step is acceptance." Nathaniel Branden

What things do you value in life?

How do you want others to see you?

How do you want to see yourself?

DATE

MOOD

OPEN WRITING SPACE

Week 2 Expression

"Feelings or emotions are the universal language and are to be honored. They are the authentic expression of who you are at your deepest place." Judith Wright

What creative outlets are you eager to try?

How does being creative make you feel?

What feelings do you hope to express through creativity?

DATE

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OPEN WRITING SPACE

Week 3 Regulation

"If we can learn to identify, express, and harness our feelings, even the most challenging ones, we can use those emotions to help us create positive, satisfying lives." Marc Brackett

How do you manage your emotions?

What helps you regulate your emotions?

How does your sleep affect how you handle your emotions?

DATE

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OPEN WRITING SPACE

Week 4 Relaxation

"We will be more successful in all our endeavors if we can let go of the habit of running all the time, and take little pauses to relax and re-center ourselves. And we'll also have a lot more joy in living." Thich Nhat Hanh

What are your favorite ways to relax?

How does relaxing help you to be better?

How can you relax after a stressful situation?

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OPEN WRITING SPACE

Week 5 Connection

"The most basic and powerful way to connect to another person is to listen. Just listen." Rachel Naomi Remen

Who are the important people in your life?

What efforts do you make to stay connected?

What can you do to keep the connections you have?

DATE

MOOD

OPEN WRITING SPACE

Week 6 Reflection

*"Your life is a reflection of your thoughts. If you change your thinking, you can change your life.
Brian Tracy*

What did I accomplish by writing in this journal?

Where am I struggling and what are the reasons?

What can I do to improve my mental and emotional health?

GOALS AND INTENTIONS



What personal goals do you want to accomplish?

GOAL	ACHIEVE BY	NOTES	STATUS
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Awareness Goal			
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Expression Goal			
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Regulation Goal			
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Relaxation Goal			
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Connection Goal			
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Reflection Goal			
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OPEN WRITING SPACE

Write about anything on your mind.