

UNTAMED INSIGHTS GUIDE



5 MOTIVATIONAL JOURNAL PROMPTS



benefits of journaling

Whether you choose to write with a pencil or pen or type on your electronic device, the benefits of journaling have been measured and are nearly innumerable. It's your private time to get everything out of your head and heart and onto the page.

Studies show journaling can do everything from reduce anxiety, help turn off obsessing, create awareness, regulate emotions, help to process and open up, set goals, achieve goals, improve physical health, track your emotions, progress, and growth, and change your own point of view,

Think about a time in your life when journaling was effective. If you haven't been a journaler, consider a time when journaling could have been helpful.

Journaling is most effective when it is a consistent practice. However, writing every day doesn't have to stop you from giving it a go during a time in your life when you need to find some new motivation and turn a situation or attitude around.

If you're looking for some new inspiration, give one of these five motivating journal prompts a go. Write for as long or as little as you want. Re-visit it another day. Grab tools to journal with that inspire you. THESE are a few of Untamed Insights' favorites. And enjoy!

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5 MOTIVATING JOURNAL PROMPTS

- 1. What does your ideal day look like?** Describe every detail. For example: what your bed looks and feels like, the room you're sleeping in, the time you wake up, go to bed, take a shower or bath, whom you see and spend time with, where you go, what it smells like, what you eat, etc.
- 2. What is something you have always wanted to learn or try?** Describe as many details as you can of this subject. What draws you to it? What about it brings you joy? What might you be able to shift in your life to incorporate learning or trying this thing? Who might be able to support you with this endeavor?
- 3. When was a time you laughed really really hard?** Describe what it was that made you laugh. Was anyone else involved? What was their laughter like? Where were you? What did it look like? Sound like? What did it feel like?
- 4. What is something about you that you really admire?** Describe this part of you in vivid detail. Explore this hard or soft skill, how it feels, how it gives you personal pride, and a time you demonstrated this ability.
- 5. What is your favorite way to show support/love for someone?** Describe what this looks like. Perhaps you want to build a strategy for the next time you can do this for someone. Consider the options of surprise, a stranger, a friend who is having a tough time, someone who has been deeply kind and helpful to you, a trusted confidant.