A Note on Journaling

Journalling can be a powerful way to connect with yourself, helping you become more self-aware and self-reflective and to release withheld emotions. It can also be triggering, so please take your time and be kind to yourself.
You can scribble, doodle, be messy, whatever feels right - there's no right or wrong way to do this.
Don't force anything. Let your emotions guide you and let your thoughts and feelings go.

What is one accomplishment that I am truly proud of and why?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

What do I appreciate about who I am - not what I do, but who I *am*?

_____

_____

_____

If I truly loved and accepted myself, what choices would I make differently?

What part of me needs the most love and understanding right now?

What would change in my life if I treated myself with the same love and patience I give others?