

THE
collective

by CARTER HALL LIFESTYLE

MINDFUL JOURNALING WORKBOOK





One of the most important aspects to finding lifestyle balance includes the practice of mindfulness. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, while not being overly reactive or overwhelmed by what's going on around us. The practice is meant to help you calmly acknowledge and accept your feelings, thoughts, and bodily sensations. Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it.

This guide is designed to help you shift your awareness into the present through mindful journaling. The goal of this practice is to help you let go of judgment and self-doubt, so that you may freely experience what you notice and feel. It includes a weekly journal outline that you can print and use as often as you like, as well journaling prompts to use. There are also some more creative writing prompts to help you write creatively for the first time.

The important thing to remember is that mindfulness is a practice - it is both a shift in behavior and mindset. This practice is not about perfection. It is about starting each day with a fresh mind and blank page. It is a simple way to set intentions and take note of the connection between yourself and the world around you.

#LiveNourished



Table of Contents

4 Reasons to Start Practicing Mindfulness Now	4
Achieving Mindfulness	5
What is Mindfulness?	
Mindful Meditation	
<i>Seated Meditation Exercise</i>	
<i>Seated Meditation Reflection</i>	
Why Journal?	8
5 Reasons to Keep a Journal	
Beginning Your Journaling Practice	
What do I Write About?	11
7 Ways to Journal for Well-being	
Expressive Writing to Improve Mental Health	
<i>Write Your Worries Exercise</i>	
<i>Expressive Writing Reflection</i>	
Free Writing	
Appendix	22
Daily Practice Worksheets	
Journaling Prompts	
Guided Meditation as a Mindful Writing Prompt	



4 Reasons to Start Practicing Mindfulness Now

1 | Mindfulness helps balance your emotions.

Research indicates that practicing mindfulness helps regulate emotions. Research using neuroimaging techniques have shown that mindfulness activates certain regions in your brain that contribute to greater emotional balance¹.

2 | It lowers your stress levels.

Several studies indicate that practicing mindfulness reduces stress, as well as anxiety and depression²³. Mindfulness meditation works both as a sort of pre-emptive stress management technique before a stressful situation and has also been shown to be useful for handling stress after a stress-inducing experience.

3 | Mindfulness improves cognitions.

Practicing mindfulness has also been shown to improve cognition, promote executive function and sustain attention⁴. Taking a mindfulness break before starting important projects or participating in meetings will help you to focus on the task at hand.

4 | It helps manage physical symptoms.

Research using mindfulness meditation suggests we can ease pain by the way we pay attention to it. While focusing on the present moment when you're in pain (or very tired) sounds counterintuitive, various studies have found mindful meditation can decrease pain levels.

1 Jacqueline Lutz, Uwe Herwig, Sarah Opialla, Anna Hittmeyer, Lutz Jäncke, Michael Rufer, Martin Grosse Holtforth, Annette B. Brühl, Mindfulness and emotion regulation—an fMRI study, *Social Cognitive and Affective Neuroscience*, Volume 9, Issue 6, June 2014, Pages 776–785, <https://doi.org/10.1093/scan/nst043>

2 Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of consulting and clinical psychology*, 78(2), 169–183. <https://doi.org/10.1037/a0018555>

3 Galante, J., Friedrich, C., Collaboration of Mindfulness Trials (CoMinT) 3, Dalgleish, T., Jones, P. B., White, I. R., & Collaboration of Mindfulness Trials (CoMinT) (2023). Individual participant data systematic review and meta-analysis of randomised controlled trials assessing adult mindfulness-based programmes for mental health promotion in non-clinical settings. *Nature mental health*, 1(7), 462–476. <https://doi.org/10.1038/s44220-023-00081-5>

4 Zeidan, F., Johnson, S. K., Diamond, B. J., David, Z., & Goolkasian, P. (2010). Mindfulness meditation improves cognition: evidence of brief mental training. *Consciousness and cognition*, 19(2), 597–605. <https://doi.org/10.1016/j.concog.2010.03.014>



Achieving Mindfulness

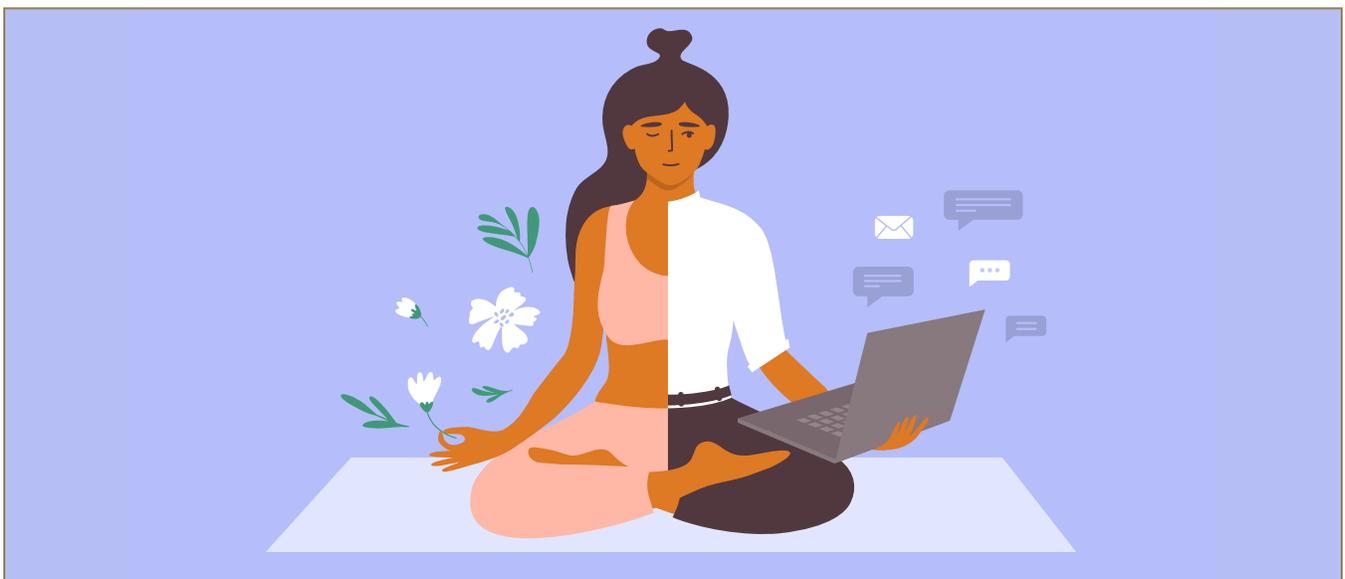
What is Mindfulness?

Are you mindful or is your mind full? And how do you tell the difference?

How often do you find yourself at a work meeting, a school lecture, a dinner date or even in a group fitness class, and your mind wanders off to another life event. Most of the time, the mind is wandering around in the past or the future rather than in the present. This means you are likely focused on a multitude of events - laundry, grocery shopping, project due dates, conversations (or fights) with loved ones, finances and bills, your child's dance class or soccer game, a first date, the season finale of your favorite show - the list is endless!

As it turns out, daydreaming is a default behavior, and our brains automatically do it whenever we're not actively directing our attention elsewhere. Fortunately, we have a substantial amount of influence on how (and where) our minds wander.

Mindfulness is the state of gently shifting your awareness, on purpose, to the present moment without judgment or being overly reactive.



Mindful Meditation

Achieving mindfulness requires conscious intention and regular practice. Mindfulness and meditation help us change how we relate to the present moment, and over time, the world and people around us. Mindfulness doesn't have to include formal meditation, but it's a great tool if you feel drawn to it or want to learn to sit with whatever you're feeling without distraction.

Mindful meditation is a mental training practice that teaches you to slow down, connect to your thoughts, and let go of negativity. Techniques can vary, but in general, mindfulness meditation involves deep breathing and awareness of body and mind. There are multiple ways to integrate mindfulness with seated meditation as well as countless other types of meditation.

PUTTING INTO PRACTICE | SEATED MEDITATION

Take a Seat. Find a comfortable position in a place that feels calm and quiet to you.

Set a Time Limit. Start with 5 minutes and increase time as you become accustomed to the practice.

Do a Body Scan. Close your eyes and tune in to the sensation of breathing in and out.

Focus on Your Breath. Notice your chest rising and falling. Listen to each exhale and inhale.

Notice the Wandering Mind. When your attention wanders from breathing to thoughts and/or feelings, take a moment to acknowledge that those thoughts or feelings are present. Then, gently return to your breath.

SEATED MEDITATION REFLECTION

What thoughts did you experience?

How did you deal with negative feelings?

When your mind wandered, where did it go?

How did you feel at the end of the practice?



Why Journal?

5 Reasons to Keep a Journal

Whether you're an expert at journaling or are getting started on a new routine, committing to this handwritten ritual can boost your daily mood and over time, help you achieve your goals, no matter how big.

1 | Journal to Unplug

Most people are attached to their screens from the moment they wake up. It feels imperative that we check our email and text messages, social media feeds, and trending news immediately before descending into our day.

Shutting down your screens and letting your innermost thoughts fill the page can restore a sense of calm, promote focus and strengthen attention.

2 | Journal to Prioritize Self-Care

So often we find ourselves attending to the needs of our jobs, family and friends that we forget to attend to our own needs. We all need a little time for ourselves, and journaling is the ultimate act of self-care.

The best part is that you can submit to this practice at any time and place during your day.

3 | Journal to Manifest

Think of your journal as a hand held vision board. There's no better place to write aspirations and dreams into reality than on the pages of a journal. You can also use your daily journaling practice to lean into new hobbies and interests.

However you want to use it, your journal is a space to log the things that make you light up.

4 | Journal to Set S.M.A.R.T Goals

Setting S.M.A.R.T (specific, measurable, attainable, realistic, timely) goals and revisiting the progress of achieving those goals is an important part of finding positive lifestyle balance. From drinking enough water and committing to increasing your step count, to starting new creative projects or setting financial goals, tracking your progress in a journal allows you to stay accountable to yourself and spot what might be holding you back.

Ultimately, regular journaling is all about building self-confidence, showcasing your journey and all its ups and downs, and helping you own your mindset to master that next step, whatever it may be.

5 | Journal for Reflection

Blank pages are the best listeners. You can be vulnerable with your writing without fear of judgment. Jot down your thoughts and find comfort in the fact that this is your own personal space, where there's no right or wrong in how you express your ideas and feelings.

Keeping a wellness journal is a great way to check in on your well-being, allowing you to explore and understand your emotions, habits and patterns in behavior.



Beginning Your Journaling Practice

Choose a journal and pen.

No need to pick a fancy journal or expensive pen. A simple notebook and ballpoint pen will suffice. Maybe you keep a few of these journals around (one in your car, one in your bedroom, one at work), so that you can mindfully journal as needed. A digital journal might work too! Find which medium you connect to organically and run with it.

Clear away distractions.

Turn the TV, cell phone, and laptop off. Scary, I know, but you want to have 100 percent of your focus on the task at hand. Make a promise to yourself that practicing mindfulness is worth a moment.

Set a daily time.

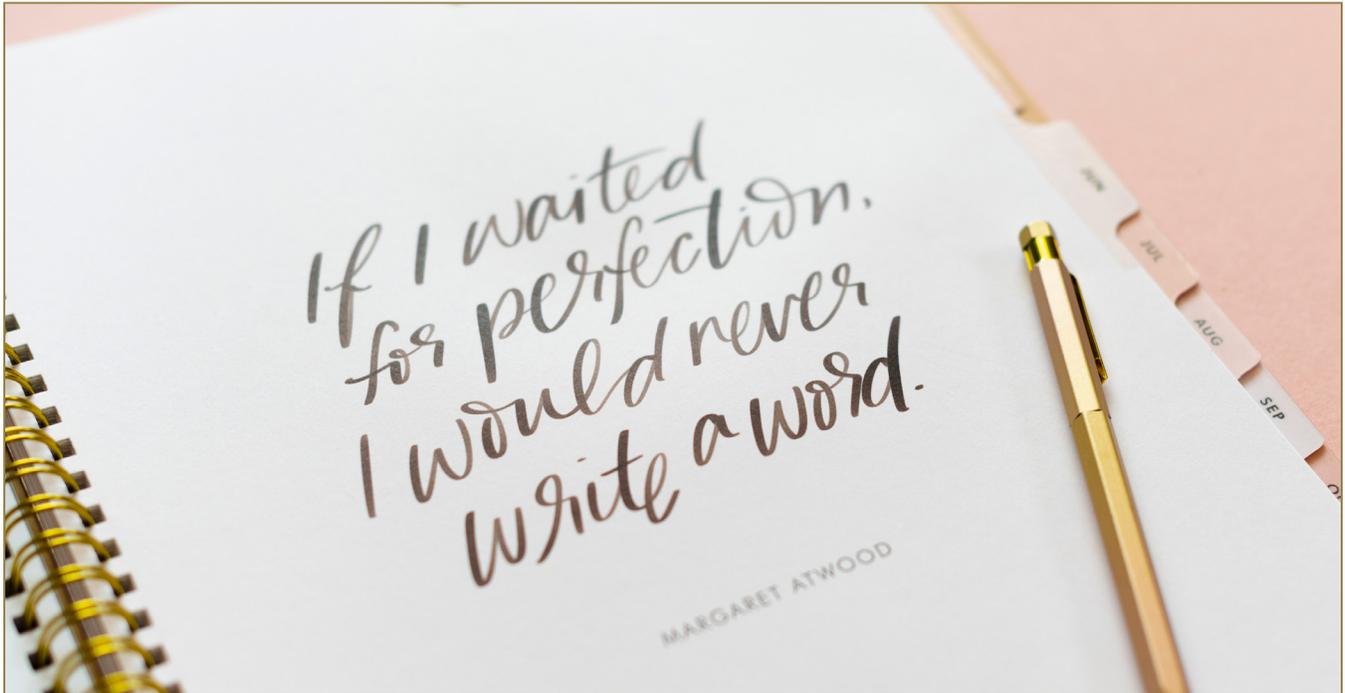
Try to set a regular time for journaling. This may be challenging at first; however, if you look at your day as a whole, there is most likely a moment where you can sit, be present and reflect appropriately. Maybe you journal after your morning coffee but before your morning staff meeting. Maybe you journal after your evening workout when your mind is clear and focused. Or maybe you journal right before bed to calm your thoughts, find alignment and deeply check in with your day's events.

Connect to your intention.

Whether you are writing in a stream of consciousness or jotting down daily affirmations, you'll want to be intentional with your thoughts. The process for everyone will be different, and the focus may change everytime you write, but the underlying reason for why your journaling should be consistent. Check in with that intention every time you begin to write.



What Do I Write About?



As you start your meditative practice, you may find it difficult to quiet your mind, especially when you are having a difficult time managing your emotions, thoughts and feelings. Writing mindfully can loosen the grip of sticky emotions by bringing them out of the dark. With just a pen and paper, or an app, we can create the habit of being there for ourselves.

Mindful journaling is meditative writing. Writing down your thoughts and feelings helps you to broaden your awareness of what's happening in your life and why it matters to you — which can be motivating. It allows us the opportunity to get real with what is going on with us —also referred to, particularly in therapeutic settings, as expressive writing. Writing is a form of self-expression, and you'll be able to more likely respond to your emotions in helpful ways.

As you begin your journaling practice, remember, these pages, your words are for you and you alone. You don't have to worry about gaining Likes or correcting grammar. You can even opt to create a visual journal with sketches, doodles, or any form of art you desire! Expressive journaling is expressing yourself, for yourself.

7 Ways to Journal for Well-being

Committing to a daily journal practice for wellbeing encourages you to get to know yourself better, be more present in the moment and develop a greater awareness of your emotions and thought patterns.

1 | Letter Writing Journaling

Writing a letter to your past-, present- or future-self can be extremely therapeutic. By putting pen or pencil to paper, you can describe what you're hopeful for, champion your accomplishments, or speak gently to your younger self. You can even pen a letter to someone else, to privately express whatever you're really feeling. Writing letters without sending them allows you to create your own form of closure.

2 | Artistic Expression Journaling

Your journal can be a space for judgment-free artistic expression. Use the blank pages to color, doodle, draw, highlight, stamp and sticker. Coloring is a great way to relax the brain and improve its ability to function and activate creativity. Flexing your creative muscle is a relaxing way to get in touch with yourself, and you never know what could end up on the page.

3 | Imaginative Writing

How many times have you struggled with an important decision - leave a job in favor of entrepreneurship, end a relationship to focus on yourself, etc? Try imagining what would happen if you made each choice, then write a paragraph about what the outcomes would feel like. Or jot down how inspiring quotes have prompted you to make changes in your life. Don't hold back, but lose yourself in the beauty of possibilities.

4 | Organizational Writing

Declutter your mind by getting your to-do lists onto paper. Use your journal as a space to get organized and accomplish tasks. You could try setting goals for the day, week or year. Break up big tasks into smaller to-dos, and enjoy the satisfaction of ticking things off. You can even allocate space in your journal for meal, budget or trip planning. Seeing your plans and priorities on paper will immediately soothe a little of your stress and make you feel more in control.

5 | Morning Pages

Incorporate journaling into your morning routine and set your day up for success. The idea with morning pages is to wake up and start writing before you do anything else, like checking email or social media accounts. Free writing (uninhibited stream of consciousness writing) allows you the space to pour out your thoughts and feelings without judgment. Once you've freed yourself from all the subconscious chatter, you'll feel lighter for the rest of your day,

6 | Gratitude Journaling

In the midst of our busy lives, it's important to make space for gratitude. It may not seem as though you have anything to be grateful for, especially if you are in the middle of a storm. However, taking time to note what you're grateful for can make you feel more positive and remind you of how much you already have. Practicing gratitude is a great way to maintain an optimistic outlook and manifest good things to happen in your life.

7 | Describe Your Day Journaling

We've all experienced laying down to sleep only to have a multitude of thoughts about our day swirl around inhibiting slumber. Use space in your journal to recap your day - highlights, lowlights and everything in between and . Writing down the events of the day can help you recognize patterns in your behavior, allowing you to get to know yourself on a deeper level and make changes for the better.

Expressive Writing to Improve Mental Health

Raise your hand if you've ever experienced stress in your life. Stress can be defined as any type of change that causes physical, emotional or psychological strain. It is a normal reaction to everyday pressures; however, left unchecked, it can impact our day-to-day behaviors and disrupt our quality of life.

According to the 2022 Stress in American Survey conducted by The Harris Poll on behalf of the American Psychological Association, adults reported that stress has had an impact on their health.

- 76% of adults reported they had experienced at least one symptom in the last month as a result of stress—such as headache (38%), fatigue (35%), feeling nervous or anxious (34%) and feeling depressed or sad (33%).
- Seven in 10 adults (72%) experienced additional symptoms in the last month, including feeling overwhelmed (33%), experiencing changes in sleeping habits (32%), and/or worrying constantly (30%).

Scientific research has found that expressive writing can help moderate the relationship between intrusive thoughts and mental health. Journaling has been found to be an effective stress-management tool. It can help reduce anxiety, lessen feelings of distress and increase well-being. Journaling can be a powerful tool for examining and shifting thoughts from anxiety and ruminative to empowered and action-oriented.



DEALING WITH FEARS, CONCERNS AND THE UNCERTAINTY OF THE UNKNOWN

For each fear or concern you have, try to write at least one way in which you could think about it differently. Change the narrative, write yourself a new story - a new set of possibilities.

FEAR OR CONCERN

CHANGE THE NARRATIVE

WRITE YOUR WORRIES | EXPRESSIVE WRITING PROMPT

The goal of this process is to get your thoughts out of your head and onto paper, so that you can break the cycle of rumination, challenge those thoughts, and navigate how to deal with them.

Set a timer for five to 15 minutes.

Write your very deepest thoughts and feelings about the experiences that are affecting you and your life. Challenge yourself to really let go and explore your deepest emotions and thoughts. You might tie your topic to your relationships with others, including parents, lovers, friends or relatives; to your past, your present or your future; or to who you have been, who you would like to be or who you are now. You may write about the same general issues or experiences on all days of writing or about different topics each day.

All of your writing will be completely confidential. Don't worry about spelling, grammar or sentence structure. The only rule is that once you begin writing, you continue until the time is up.

EXPRESSIVE WRITING REFLECTION

Now that you have gotten your thoughts down on paper, read them. As you review what you've written and reflect on your concerns, explore your options.

Could things be different?

Is there something that you could do to change your circumstances right now - or to change your thoughts about your circumstances?

Is there a way you could use your circumstances to create a better outcome?

Is there a change that could occur (or that you could create) that would be even better?

Could you use what you have available to make the best of potential changes?

Freewriting

Freewriting is a technique where thoughts are written down quickly and continuously, without worrying about form, style, or even grammar. In freewriting, the writer follows the impulses of their own mind, allowing thoughts and inspiration to appear to them without premeditation.

Benefits of Freewriting

- **Inspires Creative Expression.** Many individuals use freewriting as a way to find unexpected inspiration. By starting with a seed of thought, but without pre planned expectations, the writer opens themselves up to discovery and new found inspiration.
- **Breaks Down Mental Block.** Many will use freewriting to overcome a mental block preventing them from making a decision or reaching their goals. By forcing yourself to put words on a page, you may be able to alleviate anxiety about making a difficult decision and allow the space to see the possibilities when change is embraced.



5 Freewriting Tips + Techniques

1 | Just write.

The idea is that you open your journal, set a timer for a specified amount of time, whether it's 5 minutes or 15 minutes, and write anything you want. You can even draw, doodle, use stickers or colored pens; nothing is wrong. Just use the entire time to write (or draw), and when the time is up, close your journal and move on with your daily routine.

2 | Think about an area of your life that requires your attention.

Freewriting doesn't necessarily mean you write without having an idea about your topic or story. Begin writing focuses on an area of your life that requires attention. Allow the words to stream from your mind, through your pen and onto the paper. At the end of your journaling session, you'll likely have more clarity about the area in your life than you did previously.

3 | Time yourself.

When beginning, don't get too caught up on how to start; commit to getting words down on the page within the first 60 seconds of writing. Perhaps those first words will not yield anything, but think of them metaphorically as seeds that will allow your thoughts to grow. There is nothing to be gained by staring at a page for any great period of time.

4 | Combine freewriting with other types of journaling.

Looking for clarity or inspiration? Combine free writing with other methods of journaling. For example, you can begin your session with the 'describe your day' method of journaling, then take one aspect of the day and freewrite. Maybe you want more clarity about a situation or conversation that occurred at work. Free writing in combination with other methods can help you process thoughts and feelings in a conscious and subconscious way.

5 | Use a journal prompt.

Not sure what to write about? Begin your session with a journaling prompt for a jumping off point.

FREEWITING EXERCISE

During this exercise, we encourage you to write down your thoughts, whatever they may be, without censoring or editing them. The purpose is to explore your thoughts and feelings and to uncover the wisdom and understanding you already possess.

1 | Set a timer

Choose a time limit that works for you.

2 | Write everything that comes to mind.

Avoid the temptation to edit your thoughts. Write down precisely what you're thinking - no matter the topic.

3 | Don't worry about grammar or spelling.

Writing freely in this manner may lead to more typos and spelling mistakes - that's alright. Don't interrupt yourself to correct errors; just keep writing.

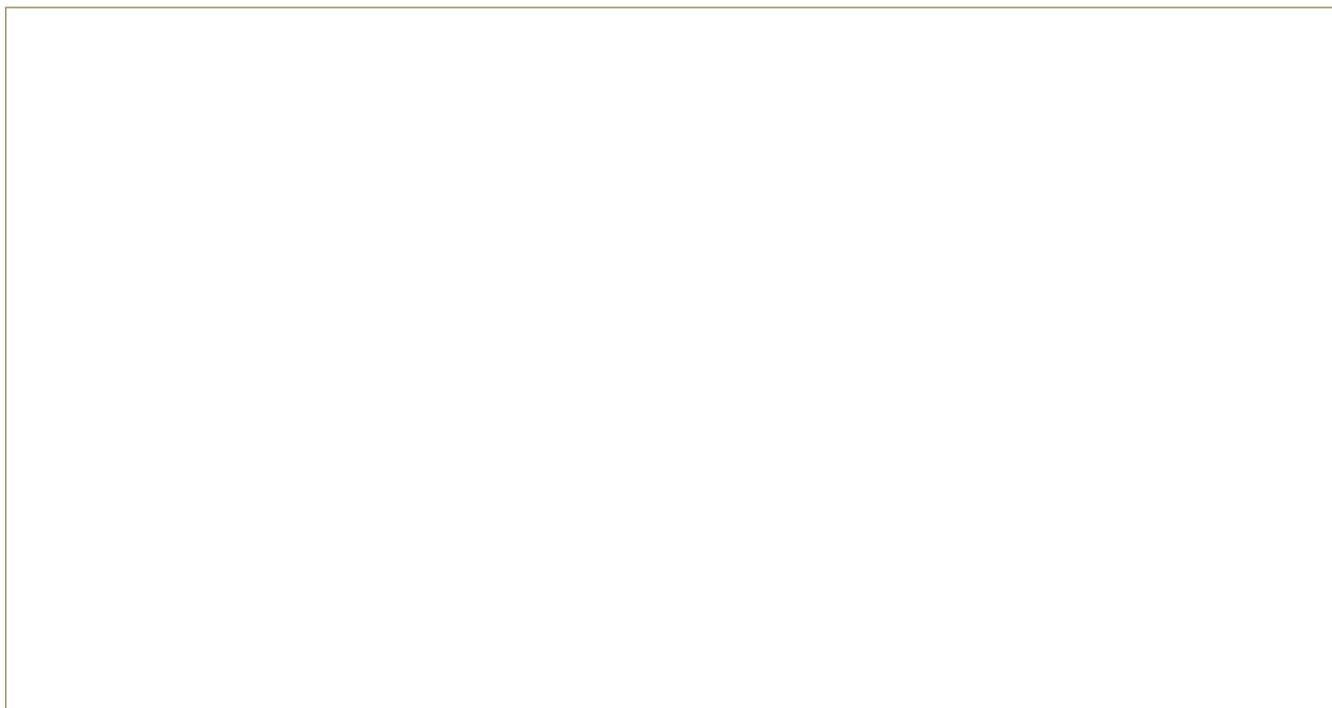
4 | Write until your time is up.

Even if you've run out of things to write about, keep writing until time is up. Use a journaling prompt (page 28) to keep the words flowing.

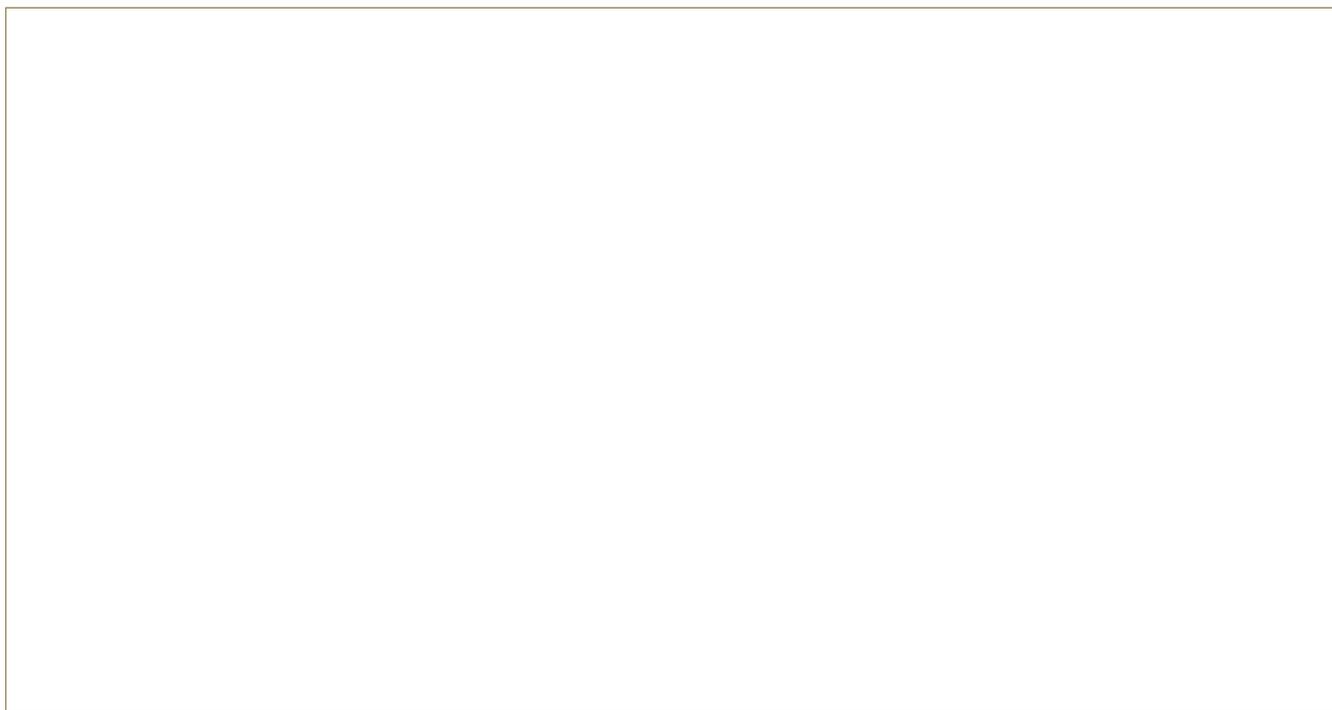
FREEWITING REFLECTION

During this practice, did you find yourself delving deeply into a single topic, or did you jump around from thought to thought?

During this process, did you find yourself censoring thoughts or judging your line of thinking?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

What insights did you gain from your words? Did you find anything especially compelling or surprising about what you wrote?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.



Appendix

Current month

A new month, a new year. Setting intentions is more than a to-do list. It's asking something of yourself and then giving yourself the strength to do it.

NOURISH

SCULPT

SELF-CARE

PERSONAL

SOCIAL

KEY RELATIONSHIPS

PROFESSIONAL GOALS

MONEY MANAGEMENT

Morning

Daily Intention

Affirmation:

Energy Level

○ ○ ○ ○ ○

Sleep

_____ :

Restful Moment today's restorative activity

Movement today's natural motion

How Do You Feel Today?

Morning Gratitude

Evening

Nourishment what made you feel good?

B _____ L _____ D _____ S _____

Water



Activity _____ for _____ hrs _____ mins _____

Connection describe an inspiring moment of the day

Journal Describe your day in detail. How are you feeling right now?

Prompt of the Day Based on how you are feeling, choose a journal prompt to reflect on.

Weekly Check-In

Thoughts + Feelings

Wellness Pillars tick your best

- Nourishment
- Movement
- Mind
- Energy
- Connection
- Rest

What could be improved?

Looking Forward

Monthly Reflection

Review your last month before setting intentions for the following one.

Wins celebrate your successes

Challenges identify barriers to change

Favorite Moments highlight the positive

What Do I Want to Start, Stop or Continue?

START	STOP	CONTINUE

Journaling Prompts

Taking time to slow down – just you, your pen and page – can help you feel present, allow you to grow from past lessons or simply encourage you to reignite forgotten passions. Use the following journal prompts to support you on your health and wellness journey.

Practicing Mindfulness

- What is happening in this present moment?
- What are five things I can see right now, and what colors, shapes, and textures do they have?
- If my mind was like the ocean right now, what is the water like?
- What thoughts am I observing right now?
- What sensory information am I getting in this present moment?
- What are three things I can hear right now, and how do they sound?
- What are three things I can feel physically right now, such as the weight of my body on a chair or the texture of my clothing?
- What are three things I can smell right now, and how do they smell?
- What are three things I can taste right now, and how do they taste?
- What emotions am I feeling right now, and how can I practice acceptance and self-compassion towards them?
- What thoughts are running through my mind right now, and how can I acknowledge them without getting caught up in them?
- What are three things I am looking forward to in the next hour, and how can I stay present and open to experiencing them fully?
- What are three things that are worrying me right now, and how can I practice mindfulness to reduce my stress and anxiety?
- What are three small actions I can take right now to bring myself into the present moment, such as taking a deep breath, stretching, or savoring a sip of tea or coffee?

Morning Journal Prompts

- What's on my mind this morning?
- What am I looking forward to today?
- What do I need to do today?
- What are my goals for today?
- What are some ways I can be productive today?
- What can I do today to take care of my physical and mental health?
- What are some challenges I might face today and how can I prepare for them?
- How can I prioritize self-care today?

- Who can I reach out to for support today?
- What is one thing I can do today to help someone else?
- How can I bring positivity into my day today?
- What positive affirmations can I tell myself to start my day on a positive note?
- What mindset or attitude do I want to cultivate today? How can I remind myself of this throughout the day?
- What makes me glad to be alive today?

Daily Journaling Prompts

- How am I feeling today?
- How does my body feel today?
- What am I nervous or anxious about today?
- What actions can I take on each of the things that make me nervous or anxious?
- What are my top priorities for the day?
- What's something I can do to make today amazing?
- What did I learn today? How can I apply this knowledge in the future?
- What challenges did I face today? How did I overcome them? What can I learn from these experiences?
- What did I do today that brought me joy or fulfillment? How can I incorporate more of these activities into my daily routine?
- What was a moment of joy, delight, or contentment today?
- What was a small detail I noticed today?
- What was the weather like today?
- What am I thankful for today?
- What could I have done differently today?
- How can I make tomorrow even better?

Evening Journal Prompts

- What are three things that went well today, and why?
- What were the highlights of my day?
- What are three things that I could have done differently today, and how can I learn from these experiences?
- What did I learn today?
- How did I show gratitude today?
- What were some challenges I faced today and how did I overcome them?
- What did I do to take care of myself today?
- What did I do to help others today?
- How did I prioritize my time today?

- What did I do to bring positivity into my day?
- What did I do today that made me proud of myself?
- What were the most important events of the day?
- How did I feel at different moments throughout the day?
- What were some unexpected events that took place today?
- Who did I interact with today and what were those interactions like?
- What did I accomplish today?
- What are some things I would like to do differently tomorrow?
- What did I do to relax and recharge today?
- What were some of the sights, sounds, and smells I experienced today?
- How did I handle any difficult situations that arose today?
- What are some things I am looking forward to tomorrow?
- What emotions did I experience today?
- How did I respond to each emotion? What triggered each emotion?
- What did I do to make a positive impact on someone else's day?
- What am I looking forward to tomorrow?
- What can I do to prepare for a peaceful night's sleep?
- What was the most significant event of my day and why was it important?
- How did I handle any conflicts or difficult situations today?
- What did I learn about myself today?
- What are some things I can do differently tomorrow to have an even better day?
- Who made a positive impact on my day and how?
- What did I do to make someone else's day better?
- What are some things I want to remember about today?

Intention Setting

- What do I want to focus on this month/week/day?
- What are my intentions for the day?
- What is my biggest "why" (the deeper purpose or motivation behind my intentions)?
- How can I use my "why" to stay focused and committed?
- How can I prioritize my time and energy accordingly?
- What are some external factors that could impact my ability to focus on my intentions, and how can I plan ahead to address them?
- What are some distractions or time-wasters that I need to eliminate in order to focus on what's truly important?

Letting Go of Limiting Beliefs & Negative Thought Patterns

- What's keeping you from living your dream life?
- What makes you feel powerful?
- What makes you feel powerless?
- Name someone else who inspires you? What makes you different from them?
- What belief are you holding onto that is holding you back?

Feeling Overwhelmed?

- What is stressing you out right now?
- Which areas of your life are the most overwhelming?
- What keeps you from experiencing peace?
- What's your favorite way to relax?
- What's one thing that happened last year that made you truly happy?

Navigating Difficult Times

- What's going on that makes this time so difficult?
- What is causing my distress?
- Who can I turn to for support?
- How have I coped with difficult times in the past?
- What are some things I am thankful for, even in challenging circumstances?
- How can I cultivate a sense of appreciation and optimism in the face of adversity?
- What self-care practices have helped me in the past?
- What can I learn from this experience? What lessons might I learn?
- How can I reframe the situation?
- What actions can I take to improve the situation?
- What positive things do I have in my life right now?
- What can I do to take care of myself right now?

Overcoming Fear

- What am I afraid of?
- What is the source of my fear? Where does it come from?
- How does my fear affect my life? In what ways does it hold me back?
- What would my life be like without this fear? What would I be able to accomplish or experience?
- How can I reframe my fear? Is there a way to look at the situation or issue differently?
- What steps can I take to face my fear? What action can I take to move through it?
- Who can I turn to for support? Who can help me face my fear?

- What have I learned from past experiences of facing fear? What worked well, and what didn't work?
- How can I use my fear as motivation? Can I turn my fear into a positive force that drives me forward?
- What is the worst that can happen if I face my fear? What is the best that can happen?
- What are some fears or limiting beliefs that are holding me back?
- How can I work to overcome them?
- What resources or support can I seek out to help me overcome my fears?

Setting Personal Growth Goals

- List 10 things you want to accomplish this month.
- Describe who you want to be in 10 years.
- What is one goal you set that you did not achieve? Why?
- What is something you've always wanted to do?
- What is your dream job or dream hobby?
- What are my top three goals for next year?
- What are some actionable steps I can take to achieve my goals?
- What is one new habit I would like to develop in the next month?
- How can I create a plan to make this new habit a consistent part of my routine?
- What are three skills or areas of knowledge I would like to develop in the next year?
- What resources or support can I seek out to help me achieve my goals?
- What are three things that are holding me back from achieving my goals?
- How can I work to overcome these obstacles?
- What are three small, measurable goals I can set for myself this week?
- How will I hold myself accountable for following through on my goals?
- What are my long-term career goals? What are some concrete steps I can take to move closer to achieving them?
- What are my personal values and how do they relate to my goals?
- How can I ensure that my goals are aligned with my values?
- What are some potential roadblocks or challenges that I may encounter as I work towards my goals?
- How can I develop a plan to overcome roadblocks or challenges to my goals?
- How can I track my progress towards my goals?
- What tools or systems can I use to stay motivated and on track?
- What are three small, specific goals I can set for myself each day?
- How can I ensure that my daily actions align with my larger goals and priorities?
- What habits do I need in order to achieve my goals?

Path to Becoming Better

- What parts of your daily life need to change for you to achieve your goals?
- What things do you need to make more time for?
- What things do you need to let go of?
- What have you accomplished in the last year that you're proud of?
- What book do you want to read next?

Establishing a Daily Routine

- List three things that you want to add to your daily routine.
- List three things that you want to eliminate from your daily routine.
- What is your ideal day?
- What is something you can do every day to stay focused on achieving your goals?
- Pick one daily self-discovery practice you want to try.

Cultivating a Growth Mindset

- What are some areas of my life where I tend to have a fixed mindset?
- How can I shift my thinking to adopt a growth mindset instead?
- What are some goals that I've been afraid to pursue due to fear of failure or rejection?
- How can I reframe my mindset to view failure as a natural part of the learning process, and use it as an opportunity for growth?
- What are some of my limiting beliefs and self-talk that may be holding me back?
- How can I challenge and overcome them?
- How can I embrace challenges and failures as opportunities for growth and development, rather than viewing them as setbacks?
- How can I cultivate a positive and optimistic attitude, even in the face of adversity and difficulty?
- What are some ways I can seek out feedback and constructive criticism to continue growing and improving?
- How can I strive for progress, rather than perfection, in my personal and professional life?
- What are some of my strengths and areas for growth, and how can I use this knowledge to drive personal development and growth?
- How can I seek out new experiences, opportunities, and relationships to broaden my horizons and support personal growth?
- How can I foster resilience and perseverance in the face of obstacles and challenges to continue growing and developing?
- How can I take responsibility for my thoughts, feelings, and actions, and use them as opportunities for growth and development?

- How can I view mistakes and failures as learning opportunities, rather than setbacks or obstacles?
- What are some new skills or knowledge areas that I want to develop?
- How can I cultivate a curious and open-minded attitude, and seek out new information and knowledge to support growth and development?
- What are some ways I can adopt a proactive, rather than reactive, approach to challenges and difficulties?

Positive Affirmations & Self-Love

- What makes you feel alive?
- What would your closest friends and family say is your best quality?
- What do you like most about yourself?
- What is your favorite quote, word, or phrase?
- Write down how you're feeling right now. Close your eyes and breathe deeply. Write down what you're feeling now.

Expressing Gratitude

- What are three things I am grateful for today?
- Who are three people in my life that I am grateful for, and why?
- What are three small things that happened today that I am grateful for?
- What is one thing that I often take for granted in my life, and how can I cultivate more appreciation and gratitude for it?
- What are some positive qualities or strengths that I possess, and how can I be grateful for them?
- What is something in my life that I feel "lucky" to have?
- What is a simple delight I have been enjoying lately?
- What is something I am grateful to have learned recently?
- In what ways have I grown as a person over the last year?
- What do I like about where I live right now?
- What were some moments of joy today?
- How does expressing gratitude make me feel right now?
- How can I show my gratitude today?
- What are some ways I can express gratitude and appreciate the beauty and wonder of the world around me?

Body Positivity Journal Prompts

- What do I love most about my body, and why?
- What beliefs or messages about my body do I need to let go of in order to cultivate more self-love and acceptance?
- What activities or practices help me feel connected to and in tune with my body?
- How can I be more compassionate towards my body, especially when I'm feeling self-critical or negative?
- What role does social media or the media in general play in shaping my body image, and how can I cultivate a more positive relationship with these sources of influence?
- What would it feel like to let go of the need to compare my body to others, and instead focus on my own unique strengths and beauty?
- What are some ways I can prioritize my physical health and well-being, without falling into the trap of diet culture or body shaming?
- How can I shift my focus from appearance-based goals (e.g. weight loss, achieving a certain body shape) to more holistic measures of health and wellness (e.g. energy levels, mood, strength, etc.)?
- What does it mean to truly embody self-love and body positivity, and how can I take small steps towards this every day?
- How can I cultivate a sense of appreciation and love for my body, even if it doesn't conform to societal ideals?
- What are some ways I can celebrate and care for my body, regardless of its shape or size?

Prioritizing Self-Care

- How do I define self care?
- What role does self-care play in my mental, physical, and emotional health?
- What are my favorite forms of self care?
- What are some ways I can prioritize my physical health and well-being to care for myself?
- What forms of exercise do I enjoy?
- What activities help me feel calm and centered?
- How am I incorporating healthy eating into my daily life?
- How am I helping myself get enough sleep?
- What are some activities or hobbies that bring me joy and relaxation? How can I make time for these in my life?
- How can I better manage and reduce stress and anxiety?
- How am I exploring mindfulness practices or meditation?

- How do I seek support from others?
- How can I prioritize self-care during difficult or challenging times, and avoid neglecting my own needs?
- How can I set boundaries with others to make sure I have time and energy for self-care?
- How can I seek out and connect with supportive and positive relationships that uplift and empower me?
- How can I recognize and address toxic or unhealthy patterns or behaviors, and work towards making positive changes for my well-being?
- How can I cultivate self-compassion and self-forgiveness, and avoid self-criticism and negative self-talk?
- How can I prioritize self-care when I am feeling overwhelmed or burnt out, and take steps to prevent burnout in the future?
- When was the last time I took a break or gave myself some time off? How did it feel?



Guided Meditation Journaling Prompt⁵

This 12-minute guided meditation is designed to help you settle into your body and notice your surroundings. You will then use your experience as a writing prompt.

1 | Get comfortable in your space.

Feel your body on the surface that you're sitting on. Inhale and exhale. And just let your eyes close.

2 | Bring to mind a setting or an environment.

This could be a space that you've been (or will be) in that you want to write about. You can choose a work environment, a dinner with a friend or a conversation with a family member. This setting can be in the past as well. A childhood bedroom or a store you used to work at. Any setting that you can bring into your mind, real or imagined. Arrive in that space. Feel yourself in the middle of the room.

3 | In your imagination, and only in your imagination, open your eyes and take a look around the space that you're in. Look all around this space. Look up high. Look down low. Look in every direction, in every corner. Let your eyes run all over this space and take in the visual details of it. Notice the dimensions of the space that you're in. Notice the colors. Notice the textures. Observe the way light enters the space. What is there for the light to bounce off or be absorbed by? What sort of condition is the space in? Has it been well looked after? Is it a bit of a shambles? Somewhere in between? What kinds of objects are present in this space? What's being prioritized or celebrated in this space? Make sure that you take your time, slow down, and have a good look around. You can look in an unrestrained way. No one is watching you do this. So drink up all the details.

4 | You can begin to ask yourself a few questions as prompts.

What feelings are stirred as you enter the space? Are the expectations for what is about to happen? Maybe you're revisiting a difficult conversation or meeting. What do you feel immediately upon entering the space or conversation? Does the space you are occupying feel like a safe space? Do you feel comfortable in the space?

⁵ Adapted from: Domet, S. (2022, April 5). Try this guided meditation as a mindful writing prompt. Mindful. <https://www.mindful.org/try-this-guided-meditation-as-a-mindful-writing-prompt/>

5 | Now, tune in to your sense of hearing.

What is there to hear in this space? Perhaps other conversations, creaks of floorboards underfoot, the hum of an air conditioner, or the sound of passing traffic or rain outside. What's here to hear?

6 | Next, take a big, deep inhale through your nose and notice the scents that arise.

What does this place smell like? Perhaps you are having a meal with a friend. Take note of the various smells - maybe your companion is having fish, or the table next to you just received a delectable dessert. Or maybe you are outside and smell the fragrant aroma of an outdoor barbeque nearby.

7 | Now in your mind's eye, stretch out your hand.

What's here that you can touch? What can you learn about this space through your skin? Run your hands over the surfaces. Perceive the texture and the temperature of the space. Think about how you'll describe this later. What do these textures remind you of? How can you compare the feel of this to the feel of that and put me in the space with you?

8 | What is there to taste here? What are the flavors associated with this space? What information can you gather from those? Go back to that meal you may be having with a friend. How does the meal taste? Did it meet your expectations? Does the taste of the food change based on your mood or the conversation?

9 | And now what about your feelings in this space?

What's the emotional content of this space? What is it evoking in you? What feelings arise in this space? Is this a light celebratory space or a boring or anxious in-between kind of space? Or a sad and tragic type of space. Perhaps there's fear associated with this setting. Try to tap into that emotional information.

10 | Check in with your breathing. Inhale and exhale deeply several times. And then touch in once more with each sense. Take a look around. Is there anything new to observe that you didn't see the first time? Make sure you listen to what's here through your ears. Inhale the scent of this place. Taste the flavor. Feel the texture. Note the emotional content. Inhale. Exhale.

11 | Open your eyes when you're ready and take what you learned to the page in whatever way suits you.



A Final Word

We hope you have found this workbook to be informative and helpful and we encourage you to reference it frequently during your wellness journey. Committing to a daily mindful journaling practice takes time and patience. Remember, journaling is not about being perfect, but instead allowing yourself to be vulnerable and open in a non-judgmental way. Journaling should be something you look forward to, the pages a safe space to turn to whenever you need. Use your sessions with the registered dietitian to work through any barriers you encounter during the process. At Carter Hall Lifestyle, we consider ourselves your partner in helping you manage your health. #LiveNourished

Sharing Policy

Enjoy the content? We're glad. We've put a lot of time and effort into each worksheet developed for Carter Hall Lifestyle. We are happy to share any of the content from this mindful eating guide. If you want to publish a worksheet from this guide, please re-write it in your own words, cite original work and link back to the CHL website. This guide is protected by copyright, appropriate action will be taken if any infringement is taken.