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Journaling Tips¹

Step 1: Describe the problems

Define what is bothering you through an objective lens (who is bothering you, what they did to bother you, what the situation actually is) and a subjective lens (how do you feel about all of that).

Just the act of writing down the thoughts could be therapeutic but we don't stop there. We would try to get to the roots of those uneasy emotions.

Step 2: Identify the problems

We can't solve a problem unless we know exactly what we have to solve.

After you have described the problems you are facing yourself. Go back to the top of the page and write down in a few words: My problem is [FILL YOUR PROBLEM HERE]

Sitting at the top of the page, now you know clearly what you are dealing with. Either it is procrastination, relationship with yourself or others, or addiction you can't seem to shake.

Then we start to break the thought loops.

¹ Source: <https://www.habitify.me/blog/journaling-ideas-for-self-improvement> , written by Jack Cao.





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Step 3: Write about your problems

We can free our monkey mind and write anything that comes to mind. Write whatever that is coming up in your mind, what is gripping your attention, how you are afraid of something.

Or you can take a strategic approach and actively question yourself on your thoughts and feelings.

Why do I procrastinate so much? I just don't feel any motivation to do anything.

When do I usually feel motivated? When I face responsibilities that I must do, especially with a clear deadline.

What is it that made me and my father argued so often? Well, we both do have short temper.

Step 4: Find a solution

Sometimes a clear-cut solution will appear just by writing down our problems and now you know what to do about it

Sometimes we can just list down: "10 ways I can solve these problems" and 15 ideas jumped onto the page.

But sometimes it won't be so easy and obvious to solve our problems.

A lot of problems run deep and require many hours working on our internal development just to face them. In case of hardship, I would suggest ending a journal entry with two things.



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Words of affirmation: you will eventually be able to solve this problem. Write that down in your journal. Repeat them again and again if you need to. This will prevent you from spiralling down into negativity and lift your mood up after an entry.

3 things I can do better tomorrow: leaving a journal entry with a clear action that you will commit to doing the next thing. If you don't know how to start: ask someone who has solved this problem. If you feel too stressed out about the problem: talk to someone about it.

Notes to Consider

Each of us has lasting problems that plague our lives. And it can be absolutely terrifying to face those problems head-on.

Back to the garden analogy, when the weed is still wreaking havoc, no matter how many beautiful flowers we plant, the garden is still a mess.

Pulling those weeds out is emotionally difficult. Keeping a journal in this situation is especially helpful to understand and process our emotions then find a solution to solve in at its roots through strategic, surgical sentences.



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