



BY STAMINA

YOUR PERSONAL JOURNALING TOOLKIT

JOURNALING TEMPLATES

...become a master journaler

THE WHAT'S GOING ON INSIDE?

EMOTIONAL CLARITY JOURNALING

DATE

S M T W T F S

TODAY I'M FEELING:

BODY CHECK

MIND BUZZ

HEART FEELS

WHAT IS BEHIND THOSE FEELINGS?







HAVE I FELT THIS WAY BEFORE?

HOW CAN I NURTURE MYSELF?

I need to hear...

NOTES & FREE THOUGHTS



THE STRESS-LESS BRAIN DUMP

COGNITIVE UNLOADING JOURNALING

DATE

S M T W T F S

WHAT IS STRESSING ME OUT?

1.

2.

3.

WHAT IS THE ABSOLUTE WORST-CASE SCENARIO?







WHAT IS THE BEST CASE SCENARIO?

HOW CAN I NURTURE MYSELF?

I need to hear...

NOTES & FREE THOUGHTS



THE DEEP DIVE SHADOW WORK

SUBCONSCIOUS JOURNALING

DATE

S M T W T F S

WHAT HAVE I BEEN AVOIDING LATELY?

1.

2.

3.

WHY AM I AVOIDING IT?



WHAT DO I GAIN FROM AVOIDING IT?

WHAT DO I LOOSE AVOIDING IT?

I can nurture myself with...

NOTES & FREE THOUGHTS



THE GRATITUDE BOMB

GRATITUDE JOURNALING

DATE

S M T W T F S

WHAT AM I GRATEFUL TODAY?

1.

2.

3.

WHO IN MY LIFE AM I GRATEFUL FOR?



LESSONS I AM GRATEFUL FOR?

EXCITED FOR TOMORROW?

A love note to self...

NOTES & FREE THOUGHTS



THE "BIG DREAMS" GO GETTER

GOAL-SETTING JOURNALING

DATE

S M T W T F S

WHAT ARE MY 3 BIG GOALS RIGHT NOW?

1.

2.

3.

WHY ARE THEY IMPORTANT TO ME?







WHAT DOES SUCCESS LOOK LIKE?

WHAT DO I NEED TO BELIEVE?

One step I can do today is...

NOTES & FREE THOUGHTS



THE EMOTIONAL RELEASE

EMOTIONAL JOURNALING

DATE

S M T W T F S

WHAT HAS BEEN BOTHERING ME TODAY?

1.

2.

3.

WHAT AM I HOLDING ONTO THAT I NEED TO LET GO OF?







WHAT EMOTIONS AM I AVOIDING?

HOW CAN I RELEASE THIS TODAY?

If I could scream, I would say...

NOTES & FREE THOUGHTS



THE SELF-LOVE BOOSTER

SELF-LOVE JOURNALING

DATE

S M T W T F S

WHAT'S SOMETHING I ABSOLUTELY LOVE ABOUT MYSELF TODAY?

1.

2.

3.

WHAT'S ONE THING I'M PROUD OF ACCOMPLISHING RECENTLY?







LAST TIME I FELT CONFIDENT?

WHAT AM I DOING RIGHT?

A loving word for me...

NOTES & FREE THOUGHTS



THE RELATIONSHIP CHECK-IN

RELATIONSHIP JOURNALING

DATE

S M T W T F S

WHO DO I FEEL MOST CONNECTED TO TODAY?

1.

2.

3.

IS THERE ANY RELATIONSHIP I FEEL OUT OF SYNC WITH RIGHT NOW?



HOW CAN I SHOW UP FOR MY RELATIONSHIPS TODAY?

HOW CAN I TRY TO EXPRESS MYSELF BETTER?

The thing I appreciate most is...

NOTES & FREE THOUGHTS



THE MINDFULNESS MOMENT

MINDFULNESS JOURNALING

DATE

S M T W T F S

I CAN...

HEAR

FEEL

SENSE

WHAT ARE MY THOUGHTS DOING RIGHT NOW?



HOW CAN I BETTER CENTER MYSELF?

LETTING GO OF JUDGEMENT MEANS?

On my mind...

NOTES & FREE THOUGHTS



THE REWIRE YOUR BRAIN

COGNITIVE JOURNALING

DATE

S M T W T F S

WHAT NEGATIVE THOUGHTS ARE PRESENT IN MY MIND RIGHT NOW?

1.

2.

3.

HOW CAN I REWRITE THEM INTO POSITIVE ONES?







WHAT DO I NEED TO LET GO OF THEM?

HOW CAN I NURTURE MY MIND?

I need to hear...

NOTES & FREE THOUGHTS



THE DREAM BIG VISION BOARD

VISION BOARD JOURNALING

DATE

S M T W T F S

WHAT ARE MY BIG, AUDACIOUS GOALS RIGHT NOW?

1.

2.

3.

WHY ARE THEY IMPORTANT TO ME?







MY LIFE AFTER THOSE GOALS IS?

THE FIRST STEP I CAN DO IS?

Once I have it all, I will...

NOTES & FREE THOUGHTS



THE MORNING POWER

MORNING JOURNALING

DATE

S M T W T F S

WHAT INTENTION DO I WANT TO SET FOR TODAY?

1.

2.

3.

WHY ARE THEY IMPORTANT TO ME?







TODAY I AM EXCITED FOR?

HOW CAN I CARE FOR ME TODAY?

Today I will be happy if...

NOTES & FREE THOUGHTS



THE CREATIVE SPARK

ART JOURNALING

DATE

S M T W T F S

WHAT CREATIVE IDEAS ARE POPPING INTO MY HEAD RIGHT NOW?

1.

2.

3.

WHEN WAS THE LAST TIME I FELT REALLY INSPIRED?







TODAY I CAN TRY?

I ALWAYS WANTED TO START?

My inner artist is telling me...

NOTES & FREE THOUGHTS

