

# Personal Journaling Resources

Research has shown that routine journaling can help with emotional well-being. Below are websites with quick and easy ideas for making routine journaling a healthy habit, not “one more thing” to do.

Additionally, you may want to discuss different mediums for journals – while a notebook will do, others may prefer a Word document, app, or blog to get started.



A blog is a digital journal; the name is short for “web log”. Free blogs can be used as private journals for those who prefer typing to writing by hand. Since these are online, they would be accessible from any computer or tablet by their owner.

**Remember:** “Documenting little details of your everyday life becomes a celebration of who you are.”

– Carolyn Hamilton

## Free Blogging Platforms

[www.wordpress.com](http://www.wordpress.com)

[www.blogger.com](http://www.blogger.com) (links with a Google email address)

[www.blog.com](http://www.blog.com)

## Resource List

[www.lifehacker.com/why-you-should-keep-a-journal-and-how-to-start-yours-1547057185](http://www.lifehacker.com/why-you-should-keep-a-journal-and-how-to-start-yours-1547057185)

– A look at benefits of journaling and ways to begin, on paper or digitally

[www.greatergood.berkeley.edu/article/item/tips\\_for\\_keeping\\_a\\_gratitude\\_journal](http://www.greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal)

– Benefits and tips for starting a gratitude journal

[www.lifehack.org/articles/technology/5-online-journaling-tools.html?ref=sidebar](http://www.lifehack.org/articles/technology/5-online-journaling-tools.html?ref=sidebar)

– Tools for digital journaling

[www.inspacesbetween.com/wp-content/uploads/2013/10/60JournalPrompts.pdf](http://www.inspacesbetween.com/wp-content/uploads/2013/10/60JournalPrompts.pdf)

– 60 journal prompts for self-discovery, self-love, and self-coaching

### Resource List Continued

<https://www.bloglovin.com/blogs/girl-who-loved-to-write-7884439/a-year-journaling-52-journaling-prompts-4142768467> - 52 prompts (1 per week)

<http://michelesfindinghappiness.com/2016/08/01/start-happiness-journal> – Tips for starting a journal dedicated to the daily things that bring you happiness (not time intensive)

[www.lifehacker.com/5877106/keep-a-journal-of-awesomeness-to-boost-your-self-esteem](http://www.lifehacker.com/5877106/keep-a-journal-of-awesomeness-to-boost-your-self-esteem)

– Self-esteem building prompts

<http://mistysansom.com/know-who-you-are-with-these-25-questions/> – 25 self-reflection prompts

<https://bouncebackparenting.com/journal-prompts-on-presence-and-mindfulness/> - Journal prompts to consider mindfulness and being present

<http://reflectionsfromaredhead.com/105-writing-prompts-for-self-exploration/> - Self-reflection prompts

<http://reflectionsfromaredhead.com/journal-prompts-self-reflection/> - Additional self-reflection prompts

<https://www.lavendaire.com/journaling-ideas/> - 30 prompts to reflect on your personal life