

A quick guide to Journaling

Starting a journal is not always easy, so here are some thoughts about journaling that may help:

- You don't have to write a lot – some is better than none
- You don't have to write every day – you might start infrequently, or weekly, or after significant events
- What to write is often the hardest so there is some guidance below
- Journaling is a habit, and all habits take time – you will think of more reasons NOT to journal at the start

Where to start:

1. One possible place to start is a reflection on your day or week. This would take the following form:
 - a. What went well today?
 - b. What didn't go as well as you expected or wanted?
 - c. What could you do differently next time?
2. This is a simple reflection for yourself, you can also apply it to specific tasks or interactions.
3. You can also do a different form of reflection:
 - a. What competencies did you use today?
 - b. What competencies would you like to get better at?
 - c. What competencies do you feel you need to add?
4. Journaling is at its most useful when it helps you develop, so self-awareness is important, as is taking a balanced view:
 - a. Starting a new page, describe your day/week in emotional terms – how do you feel?
 - b. Why do you feel that way?
 - c. Is this feeling something you would like to feel more or less often?
 - d. What needs to change for that (more, or less often) to happen?
5. Another area you can explore is a difficulty:
 - a. What did you find difficult today?
 - b. What is it that makes it feel difficult?
 - c. What can you do for yourself to reduce the difficulty?
6. In the training, you can do the same reflection as I invite at the start of a session:
 - a. What have you thought about from the training?
 - b. What would you like to try – what has stopped you?
 - c. What have you tried?
 - d. How did it go – see step 1 above

You do not need to write a lot, but as you develop your skills, you will write in more detail.

You may feel a little awkward or self-conscious when you start – use your self-awareness to explore that feeling. When you don't know what to write, write about how it feels to not know what to write.