

Journaling is a great habit to get into over the summer holidays. The start of the summer holidays means the start of the next academic year or milestone is looming. Journaling will help you self-reflect and organise your thoughts. Stuck on where to start? We got you.

Anti-stress:

- 1) How do I typically respond to stress?
- 2) Where is my happy place and what do I do to feel calmer?
- 3) What are some stressors in my life that I can eliminate or reduce?

Mood Boosting:

- 1) What are three things I am grateful for today?
- 2) Who made a positive impact on my life today, and why?
- 3) What is one positive thing that happened today

Reflecting on Relationships

- 1) How did I show love and kindness to others today?
- 2) What is one thing I appreciate about a close friend or family member?
- 3) How can I improve my relationships with others?

Personal Growth

- 1) What are my strengths, and how did I use them today?
- 2) What are my weaknesses, and how can I work on them?
- 3) What is one thing I learned about myself today?

Resilience:

- 1) What are some challenges I have overcome in the past, and what did I learn from those experiences?
- 2) What strengths do I possess that help me navigate tough times?
- 3) Who are my role models and what qualities or behaviours do they exhibit that I can emulate?

