

Write Now: 10 Benefits + 40 Prompts

Transformational journaling is both a self-care and self-awareness tool for coaches, counsellors, helping professionals and clients alike.

Self-reflection through expressive writing is a healing and empowering practice that can help you cultivate both personal and professional development.

Journaling prompts help you go to the page to deepen your self-discovery and creative expression. Writing prompts can come in the form of words, phrases, sentence starters, quotes and questions. Powerful questions are at the heart of all transformation, learning and growth; hence, they are foundational in the journaling prompts offered to you here.

How to use these prompts?

Pick and choose which journaling prompts have resonance for you. Perhaps there is a certain healing benefit you want to experience from journaling and you can simply jump to the prompts listed with that benefit. You will know best how to use these prompts to inspire your own reflections through writing. You can also share these transformational journaling prompts with your clients, based on the goals, healing and/or changes they are working on (see *terms and conditions* on kit download page).

On the pages that follow you will note that the forty writing prompts are powerful questions arranged within ten life enhancing benefits of transformational journaling.



The 10 Benefits of Transformational Journaling with 40 Writing Prompts

1 Transformational journaling prevents you from being “tossed away”

- What do you think of when you hear the expression “don’t be tossed away”?
- What helps you be more mindful, grounded and fully present in the moment?
- What meaning or relevance can this term have for you in your life at this time?

“Sometimes one doesn't have time to write. In fact most of the time we don't have time to write. Most of the time we do not have time to be with ourselves. And when that happens, it is time for the five-minute journal entry.”

BURGHILD NINA HOLZER, Author of *A Walk Between Heaven and Earth: A Personal Journal on Writing and the Creative Process*

2 Transformational journaling helps you remember who you are and that you are enough

- When do you feel most connected to your sense of self-worth? What are you doing? Who are you with?
- Are there any areas of your life where you long for more self-confidence?
- How do you remember and honour that you are enough?

“We have to accept ourselves in order to write. Now none of us does that fully; few of us do it even halfway. Don't wait for one hundred percent acceptance of yourself before you write, or even eight percent acceptance. Just write. The process of writing is an activity that teaches us about acceptance.”

NATALIE GOLDBERG

3 Transformational journaling supports conscious living

- How do you “tune out, to tune in”?
- What does conscious living mean to you?

“Writing heals because writing makes us conscious.”

SUSAN BORKIN, Author of *When Your Heart Speaks, Take Good Notes: The Healing Power of Writing*

4 Transformational journaling increases self-awareness

- How do you cultivate self-awareness in your life?
- What are three core values that are really important to you? How do you honour these values in your life?
- If you asked five of your closest friends, colleagues and/or family members to describe you, what would they say? (a quick route to more self-awareness, is learning about how others describe us)



Awareness is the greatest agent for change."

ECKART TOLLE, Author of *The Power of Now*

5 Transformational journaling enhances your personal growth and takes you past fears

- What is your biggest fear?
- What is the most courageous thing you have ever done?
- Who is your champion (someone who believes in you even at times when you doubt yourself)?
- What is something you could do that would take you out of your comfort zone, into the realm of learning and personal growth?



When we generate a relationship with our creativity and imagination we begin to recognize we do not have to live with fear as our master."

INDRUS PICHE

6 Transformational journaling provides you with an intentional moment to pause and reflect

- When do you pause?
- What do you notice when you slow down and care for yourself?
- In your experience, what is the difference between doing and being?
- Is how you feel on the inside congruent with what your life looks like/is like on the outside? For example, some people believe that our outer world is a reflection of our inner world. What do you think? How do you feel about this?



When we as writers talk about finding our voices, we mean: What do I sound like when there is nothing and no one else speaking? What do I have to say once the distractions of my life are stilled?"

LARAINÉ HERRING, Author of *Writing Begins with the Breath: Embodying Your Authentic Voice*

7 Transformational journaling heals stress and trauma

Use the following sentence starter prompts in your journal. Simply write your responses (complete the sentences) to the following sentence starters:

- My current stress level is...(you can simply describe it and/or scale your response, for example, on a scale of 1–10 — 1 being low or non-existent, 10 being over the top, feeling highly stressed — how would you rate your current stress level?)
- Right now in my life, what I notice about stress is...
- The types of stressors I respond to positively include...
- The types of stressors I respond to negatively include...
- My life and health would improve if I addressed the following stressor...
- I experience relief from stress when I...

“The act of writing helps name the unnameable chaotic feelings we resist, fear or remain unaware of...your pain becomes manageable, explorable, transformable, into unexpected patterns of meaning.” GABRIELE RICO, author of *Pain and Possibility*

8 Transformational journaling inspires creativity, play and fun

- Close your eyes. Listen. Be still. Relax. Slowly open your eyes and write about the first thing you see.
- Select five random words. Write an entry in your journal that contains all five words.
- Pick one thing you would like to do but are afraid to do it. Write that thing at the top of your page. Now write about how your life would be different if you overcame your fear and actually stepped up to do this thing, whatever it is.
- Glue a postcard or a picture of a place you would like to visit into your journal. Now write about your experience there — what you dream of doing while visiting this place, how you feel there, and so on. Write as if you are already there. Play on the page with the dream of you in this place.
- Sit quietly and breathe deeply for a few moments. Bring your awareness to your breath as it moves in and out of your body — offering life source energy. When you feel ready, pick up your pen and write freely for ten minutes.

“Play is the most important element in discovering who you are. Play will lead you right into your deepest desires.”

KERI SMITH, Author of *Living Out Loud: Activities to Fuel a Creative Life*

9 Transformational journaling helps you listen to the whispers of wisdom within

- What lights your creative fire?
- Is there a longing in your heart that is going unexpressed? What truth wants to emerge?
- How would your life be different if you listened to the whispers in your heart? How would it be better? How might it be changed?
- Are there any hesitations you have about listening within for guidance and direction?
- Write about a time in your life when you followed the deepest desires in your heart. What did it feel like? What happened? Who are you now because of honouring your inner wisdom?

Fill your paper with the breathings of your heart."

WILLIAM WORDSWORTH

10 Transformational journaling helps to quiet your inner critic voice so that you can manifest your dreams

- What is your dream? What gets in your way of making this dream a reality?
- Imagine your life 5 years from now. Where are you? Who are you with? What are you doing? What do you look like? What are you wearing? How do you feel?
- Looking back from this future perspective, what is your greatest accomplishment of the past 5 years?
- What do you need to do now, in the present, to manifest the vision/dream of your life 5 years from now?

At the center of your being you have the answer; you know who you are and you know what you want." LAO TZU

May you experience some new insights, ideas, growth and renewal as a result of writing from these transformational journaling prompts. May you live well and live fully through writing!

*Keeping a journal is a journey into the self and with the self.
It is also a record of a life lived."* KATE THOMPSON