

Journalling

Today I feel _____

Today, I am grateful for _____

Today, I am becoming conscious of _____

When I become conscious of _____, this helps me feel _____

Example

Today I feel uncomfortable with some people.

Today, I am grateful for this realization.

Today, I am becoming conscious of the thoughts and emotions associated with these people, situations, and my patterns of responding to them.

When I become conscious of discomfort, this helps me feel more in control of my actions and eventually my emotions.

Disclaimer: There are multiple ways of journalling. Fortunately, there are no right or wrong ways. Sometimes we may just not feel that a certain way is helping us in a manner we would like. We can journal about anything and in any manner. The above specified manner just helps us structure our thoughts better and helps to redirect it to a change/growth-oriented axis.