



Gaining insights from your journal writing

Read through your journal entries and, where appropriate, use the following prompts to help you to reflect on what you have written:



What comes up for you as you read your journal entry/entries back?



How do you feel after reading this entry? How did you feel when you first wrote it? What changes have occurred since then?



What stood out to you most while you were reading through the content of your writing?



What patterns of thinking or behaviour do you notice?



What are the common themes in your writing?



Where in your life do you appear to be finding it difficult to move forward?



What needs, wants or desires are surfacing in your writing?





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Has your perspective on anything changed? If so, how has it changed and what brought about this change of perspective?



What have you learned about yourself and/or the situation you have written about?



What positives can you take from your experiences?



What are you feeling grateful for?



What are you curious about now?



What do you think you need to learn?



What goals or new possibilities are now surfacing?



What actions are you going to take as a result of your reflections?

