

# Types of Journaling

| Types:       | What it is:  |
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| Gratitude    | <ul style="list-style-type: none"><li>• choose a number of things to write down every day that you are grateful for.</li><li>• these can be BIG things or small things</li><li>• gratitude is heart-centered and by calling attention to how grateful you are for the things in your life, you are expanding your heart/love energy.</li></ul>   |
| Shadow Work  | <ul style="list-style-type: none"><li>• essentially a form of therapy and dealing with “baggage”</li><li>• easiest to use shadow work journal prompts easily found on the internet (or make your own)</li><li>• digs into the root causes of the issues you have or the limiting beliefs ingrained in you</li><li>• gives insight into behavior</li><li>• helps you heal and become the best version of yourself</li></ul> |
| Affirmations | <ul style="list-style-type: none"><li>• choose an affirmation and write it repeatedly on the page (you choose how many times. 3? 100? the whole page?)</li><li>• repeat it either out loud or in your mind</li><li>• brings an awareness to your thoughts</li><li>• by making the affirmation a physical thing on the page, it helps anchor it into reality</li></ul>  |

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| Manifestation/Intentions               | <ul style="list-style-type: none"><li>• goes along with affirmation journaling described above</li><li>• choose an intention or something you would like to manifest and write it repeatedly while repeating it either out loud or in your mind</li><li>• by making the affirmation a physical thing on the page, it helps anchor it into reality</li></ul>  |
| Brain Dump aka Stream of Consciousness | <ul style="list-style-type: none"><li>• you choose the time (I prefer morning)</li><li>• write down whatever comes to your mind without filtering or editing. It does not have to make sense or follow a pattern</li><li>• you choose how long you do this (10 mins? 20? # of pages?)</li><li>• this helps get the energy of all the things in your subconscious out of your mind and onto the page. this is why I prefer to do this in the morning since my subconscious has been digging things up and working all night in dream land</li></ul> |
| Daily log                              | <ul style="list-style-type: none"><li>• what you typically think of as a "diary"</li><li>• basically a repeat of your daily activities or schedule</li></ul>   |
| Dream                                  | <ul style="list-style-type: none"><li>• this is where you log all of the dreams you can remember in as much detail as you can remember</li><li>• keep a notepad and pen next to your bed to capture some detail when you wake through the night. this will help jog your memory for the morning when you have more time to fully log them</li><li>• helps to capture themes your subconscious is working on or bothered with</li><li>• helps recall past lives</li></ul>   |

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|                    | <ul style="list-style-type: none"> <li>• brings messages from your spirit team or departed loved ones</li> </ul>  |
| Review and Reflect | <ul style="list-style-type: none"> <li>• pick a time or an event from your life and journal about it. write it like a story and dig into why you reacted the way you did, how it affected you, etc.</li> <li>• a form of shadow work</li> <li>• you can also do a get to know yourself exercise where you interview yourself (what is your favorite song? what is your favorite meal? what do you want to be remembered for? what meaning do you want your life to have? etc)</li> <li>• helps you get to know yourself more</li> <li>• boosts awareness of self</li> </ul>   |
| Archetypal         | <ul style="list-style-type: none"> <li>• choose to journal a remembered event or a hypothetical scenario and how you reacted or would react</li> <li>• do this several times for the same event but do it from the different archetypes that exist within yourself such as shadow/villain, creative, evolved, wounded, etc. How would that archetype behave? What decisions would they make? Which archetype resonates most with you?</li> <li>• helps you realize that all of these things are inside of you and you are capable of choosing your behavior and reactions</li> <li>• helps foster connection to humanity and people you may judge or see yourself as separate from</li> <li>• helps you decide the type of life you want to live and person you want to be</li> </ul> |