

REFLECTION WORKSHEET PACKET

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SELF CARE STARTER KIT

*Small simple steps to
lasting, loving
change*

Journaling is such an important part of my reflective selfcare practice: it really helps me stay happy and healthy.

My journaling practice started on a surf beach in India. I was there to finish my novel, which had been well and truly ‘bottom drawered’ in a relationship break up. I took along with me a copy of Julia Cameron’s *The Artist’s Way*, which—in book form—is a 12 step program to rediscover your creative process. One of the primary tools she mandates is writing a journal EVERY DAY. She even specifies that you must write 3 pages at least.

Since that month on the beach I have kept up my 3-page daily habit.

Journaling is a form of meditation for me. My journal is a repository for my mental clutter. I always finish my daily entry feeling more clear-headed.

Journaling is a form of confession and catharsis for me. My journal is the place where I can lay out all of my hopes and fears, where I can work through shame or guilt, where I can vent, honestly express and really look at any muckiness or messiness that has been sitting with me.

Journaling is a form of friendship for me. My journal never gets tired of hearing about the trivial details of my life. The minutia of my house renovation, the cute stories about my dog (that really are only cute to me!), the people in my life who are driving me bonkers.. I can have girlfriend type chats freely and easily with my journal and never worry that it is getting bored or is going to tell others my secrets.

Journaling is such a simple selfcare practice. All you need is a pen and a notebook. Perhaps that is why its power can be overlooked. My journaling practice has changed my life. I have no doubt. I believe it has the power to change yours, too.

When and How?

Over time you will discover the best method for journal writing for you. In the first instance, it can be helpful to set a specific time and duration of journaling.

For brand new beginners I suggest that you write three pages first thing in the morning. (OK, so technically I get up and make coffee THEN journal. But you get the idea!)

As for the what part, you have in this worksheet packet seven starter prompts in case you get stuck. Remember that your journal is just for you, so you can (and should) write anything without filtering, vetting or censoring yourself. In fact, if you begin to write something and then think, ‘Oh, maybe I shouldn’t put that down on paper’ PUT IT DOWN ON PAPER! You’ll be amazed at the wisdom that comes through when you just let yourself write down whatever needs and desires to be written, not what you think should be written.

Choose the right journal for you!

Choosing a journal is one of my favorite things. I have a buzz of anticipation as I approach the end of one note book. What sort of journal am I going to choose next time? What really sings out to me?

Here are some things to consider:

How much are you really going to write each day? If you're a beginner and want to commit to three pages a day, choose a smaller notebook.

Do you think in pictures? Perhaps think about a journal that isn't lined. A visual diary will give you the freedom to write and draw.

Are you a lefty? I am and have found that journals with big spiral binding are hard to write in for a left-hander.

How do you travel? If you want to have your journal with you all the time, does it need to fit into your back pocket or do you have a huge sack of a handbag that can fit anything?

Hard or soft? I'm a hard cover fan because I tend to write in bed (i.e. no desk). If you have a writing desk then you might prefer a soft cover.

Let's get started.

I've intentionally not included space to write in this worksheet packet. Rather, use the prompts below in your journal. There is a week's worth here, and more in the Resource for this Module.

Day 1: Describe in detail your perfect day.

Day 2: List three things you are grateful for and explain why.

Day 3: If you had your life to live over, what would you do differently?

Day 4: How are you going to be good to yourself today? List at least 5 things.

Day 5: Describe in detail someone who you really admire. What is it about them that lights you up?

Day 6: Finish these sentences: 'I used to be a woman who...', 'I am a woman who...', 'I want to be a woman who...'

Day 7: Describe any potential barriers that might come up in maintaining a daily journaling practice. How can you prepare to overcome these should they show up?