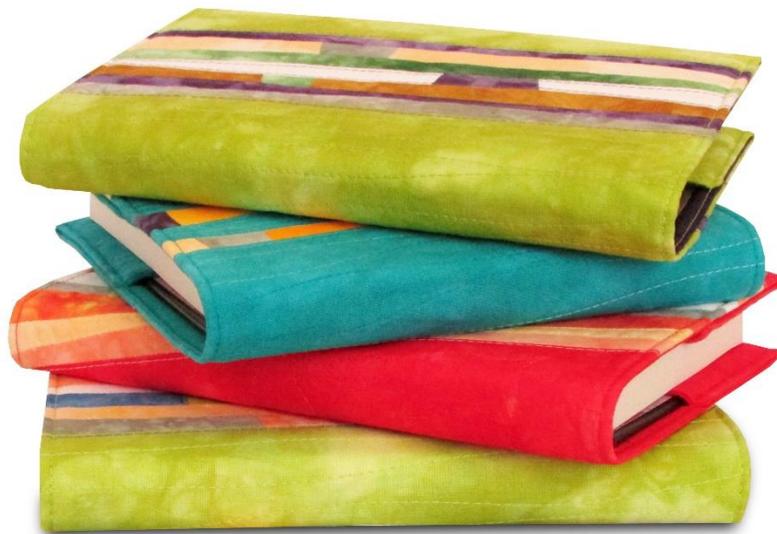


Get to Know Yourself Through Writing

12 Prompts to Start Journaling

Christine Hager-Braun – Soular Power Fabric Art



Have you ever felt confused in a time of uncertainty, overwhelmed with emotions, and racing thoughts clouding your mind?

You are certainly not the only one!

We all experience challenges: difficult relationships, financial issues, loss and grief, or health problems. Every so often, we all need to clear our head without talking to someone. Just us and our thoughts.

Journaling helps with this process. Informal writing, not to be shared with anyone (unless you want to). No focus on grammar or correct spelling, no need for structure like introduction - body - conclusion. No editing, no censorship.

Just write. Put your thoughts and emotions on paper, so they are no longer buzzing around in your mind.

There are many different approaches to writing.

In the morning, you might write about last night's dreams or your concerns for the day ahead.

You might explore a project you are planning, breaking it down into smaller steps to streamline the approach or develop new ideas.

You might document your experiences and pass your memories on to others, to be heard, to be remembered, to share lessons learned.

In the evening, you might reflect on the events of the day, take note of your accomplishments or what you are grateful for.



Are you unsure what you should write about? Here are 12 prompts for you to explore to get to know yourself through journaling:

1. *It's my Life*: What do you like about your life, what not, and how can you implement changes?
2. *I am*: Describe with 12 attributes what you are - not what you are good at doing (like "I'm compassionate" vs "I'm a good cook").
3. *Lasting Impressions*: Who has influenced you most, why, and did you ever tell them?
4. *Success*: How do you define success? Is it the amount of money on your bank account, the acronyms reflecting your education? Or do you feel 'successful' when you lend a helping hand or make another person laugh?
5. *Attitude Matters*: Do you live with a sense of scarcity or a sense of abundance?
6. *The Monsters under the Bed*: What are your greatest fears and how can you meet them?
7. *False Truth*: What do you believe about yourself that others cannot confirm (like "I'm not good enough, I'm stupid")?



8. *Friday Night*: How do you spend Friday night? Are you an introvert staying home with a book or an extrovert going out to meet friends? Do you consider your personality a strength or a limitation?
9. *Imperfection*: We all know that nobody is perfect. How do you handle your imperfections? Are you beating yourself up? Is 'done is better than perfect' your mantra? Do you accept your own flaws with kindness towards yourself?
10. *Trust*: What does trust mean to you? Do you easily count on others and are sure about a relationship? Or do you need time to establish closeness and to confide in a friend? How do you honor the trust others put in you?
11. *Pathways*: Do you tend to plan your future as much as possible? Do you let serendipity take its course? Does your approach allow you to reach your goals or do you prefer to enjoy the journey? How often do you review your path?
12. *Be True to Yourself*: What Does 'Living an Authentic Life' Mean to You?

You will see that over time your writing will help you to achieve a better understanding of yourself, what really bothers you or what you need for your own well-being. You will gain clarity and along with that, a feeling of confidence. This will allow you to tackle your challenges in a more mindful and resourceful way.

With Peace and Compassion,

Christine



About Me



Like many of you, I had my share of challenges.

I find value in journaling; it has become clear to me that writing is one way to develop resilience. My words contain small nuggets of wisdom, they find the light at the end of the tunnel, they fuel the light within me. This positive energy then influences my mindset and my meaning.

As fiber artist, I explore aspects of healing such as hope, balance, and resilience. Through my work I aim to give the viewer a visual place to pause, reflect on life and find inner peace.

Personally, I find inspiration and my own balance on long walks along a local river, through meditation, and the love by and for my circle of family and friends.

My intention as artist, as wife, mother, friend, and simply as a human being, is to celebrate life and facilitate well-being through art and daily acts of kindness.

See my art work www.soularpowerfabricart.com

Connect on Facebook www.facebook.com/SoularPowerFabricArt

Peek on Instagram www.instagram.com/soularpowerfabricart/

Browse my online store <https://www.etsy.com/shop/SoularPowerFabricArt>