

Journal Prompts to Reflect on your Thoughts, Feelings and Behaviours

This can be done in two ways

1. To record down your thoughts, feelings and behaviours generally
2. To record down your thoughts, feelings and behaviours specific to a particular situation or experience

Sit down with your journal and ask yourself

1. What thoughts you had or are having, then consider how these thoughts make you feel emotionally. Can you name the emotion? Where is it in your body?
2. Then consider your behaviour. Did you do anything to help you manage? If you didn't do anything, ask yourself if you wanted to. Maybe you stopped yourself doing something instead?

Finally, at the bottom of each journal entry, write down 3 things that you are grateful for.

Thoughts – Feelings – Behaviours Journal Sheet

Thoughts, Feelings and Behaviours

Daily Gratitude

- 1.
- 2.
- 3.