

# FEELINGS AS FUEL

## journal prompts for every emotion



Journaling can be a useful tool. It can help you to uncover the reasons behind certain emotions and discover lessons hidden in the experiences that brought them on. But it's not always easy to get started. Especially when you're experiencing heightened emotions, it can be challenging to know where to begin and free-writing can feel overwhelming rather than therapeutic. Journal prompts can provide a focal point for writing and help get the ball rolling, making it easier to process your thoughts and feelings.

### AGITATION

It can be difficult to write cohesive sentences when you're restless. Keep it simple and journal with lists instead.

*Make a list of things you appreciate or activities that make you feel better on a rough day.*



### REGRET

We can't change the past, but we can explore opportunities for growth that come from things that we regret.

*Do my regrets clarify anything about my future – things I can do differently or changes I can make?*

### UNCERTAINTY

When you're not sure what's to come or where to go next, you can benefit from a change in perspective.

*Ask a younger version of yourself for some input. What would 17-year-old you think about where you are right now?*

### DISCOURAGEMENT

You're giving your all, but feel like you get nothing in return. Look for the hidden wins and further explore what it is that you want.

*Use "I am" statements to describe a future version of yourself - one on the other side of your source of discouragement.*

### INADEQUACY

When a friend feels low, you remind them of all the good qualities they have. Do the same for yourself – give yourself a pep talk!

*Fill a page with compliments to yourself. What are you good at? What makes you unique? What were your proudest moments in life?*



### ANTICIPATION

When there's something on the horizon that you can't wait for or that you're worried about, it can make you antsy. Take a breather and focus on the present.

*Write about the physical things you do that make you feel connected to people, things, and nature.*

### OVERWHELM

When it feels like there is too much on the go, it's time to recalibrate.

*Make a list of your values and compare them to what is currently stressing you out. Are there plans you can cancel or projects you can postpone? Is there a need for more boundaries or can compromises be made?*



### ANXIETY

When we can't control outcomes, we can feel anxious and uncertain. Instead of ruminating, focus on what you can control.

*Map out the "perfect day." What would you do in a day when you're operating at your peak? Create a second, practical schedule, one that is in reach for you right now.*

### CONFIDENCE

Maybe you finished a big project or just have energy to spare. Make the most of the positive mood and reinforce your thoughts for more difficult days ahead.

*Pen some uplifting words to yourself. What do you wish you'd remember when you're not feeling so sure?*

Sources: [www.thegoodtrade.com/features/journal-prompts](http://www.thegoodtrade.com/features/journal-prompts) | Images by Unsplash