



## A Guide to Journaling

Journaling is a powerful tool for self-reflection, emotional processing, and personal growth. For individuals with ADHD, journaling can help organise thoughts, manage emotions, and track progress towards goals. Here's a comprehensive guide to getting started with journaling, including examples of how it can be structured.

### Why Journal?

- **Self-Reflection:** Understand your thoughts, feelings, and behaviours better.
- **Emotional Regulation:** Process emotions and reduce stress or anxiety.
- **Goal Tracking:** Monitor your progress and stay motivated.
- **Problem-Solving:** Clarify issues and brainstorm solutions.
- **Creativity:** Foster creative thinking and idea generation.

### Getting Started

Materials Needed:

- A notebook or journal
- Pens or pencils
- Optional: stickers, markers, and coloured pens for creativity

### Types of Journaling Structures

#### 1. Free-Writing Journal

- **Structure:** No specific structure; write whatever comes to mind.
- **Example:** Spend 10-15 minutes writing continuously without worrying about grammar or coherence.
- **Benefit:** Encourages free expression and can uncover subconscious thoughts.

#### 2. Prompt-Based Journal

- **Structure:** Respond to specific prompts or questions.
- **Example:**
  - "What are three things you are grateful for today?"
  - "Describe a challenging moment and how you handled it."
- **Benefit:** Provides focus and can help explore specific areas of interest or concern.

#### 3. Bullet Journal

- **Structure:** Use bullet points to log daily activities, tasks, thoughts, and goals.



- Example:
  - To-Do:
    - Finish project report
    - Call the dentist
  - Thoughts:
    - Feeling anxious about the meeting tomorrow
    - Excited about the weekend trip
- Benefit: Highly organised and customisable, ideal for managing tasks and tracking progress.

#### 4. Gratitude Journal

- Structure: Focus solely on writing things you are grateful for each day.
- Example:
  - “I am grateful for the warm weather today.”
  - “I am thankful for my supportive family.”
- Benefit: Enhances positive thinking and overall well-being.

#### 5. Reflective Journal

- Structure: Reflect on daily experiences and their impact on you.
- Example:
  - “Today, I felt proud when I completed my project ahead of schedule. This made me realise the importance of time management.”
- Benefit\*\*: Promotes self-awareness and personal growth.

### Tips for Effective Journaling

- **Be Consistent:** Try to journal at the same time each day, whether in the morning or before bed.
- **Create a Comfortable Space:** Find a quiet, comfortable place where you can write without interruptions.
- **Be Honest:** Write truthfully about your thoughts and feelings.
- **Don't Worry About Perfection:** Focus on expressing yourself rather than writing perfectly.
- **Review Regularly:** Periodically read through your journal entries to reflect on your growth and progress.

## Example Journaling Routine

1. Morning Routine
  - Morning Pages (Free-Writing)
  - Spend 10 minutes writing whatever comes to mind.
  
2. Daily Goals (Bullet Journal)
  - List 3 main goals for the day.
    - Example: “1. Complete the report, 2. Exercise for 30 minutes, 3. Call mum.”
  
3. Evening Routine
  - Reflection (Reflective Journal)
  - Reflect on the day's events.
    - Example: “Today I managed to stay focused during the meeting despite distractions. This made me feel accomplished and motivated.”
  
4. Gratitude (Gratitude Journal)
  - Write down 3 things you are grateful for.
    - Example: “I am grateful for a productive workday, a delicious dinner, and a fun conversation with a friend.”
  
5. Plan for Tomorrow (Bullet Journal)
  - Outline the tasks and goals for the next day.
    - Example: “1. Finish reading the book, 2. Grocery shopping, 3. Attend a yoga class.”