



SOULFUL JOURNALING

**Soulful Journaling
to create clarity,
gain insights and
discover your choices.**

7 Day Course / 2024

7 Days of Journaling

Soulful Journaling:
A journaling course
with a week's worth of
prompts for your daily
reflections.



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Day One-Seven

Welcome!



Hello there! I'm excited that you've joined me, as it gives me the opportunity to share some of my top journaling tips with you over the next week. Plus, you'll get to experience firsthand the positive impact daily reflections can have on your mental and emotional health. Let's begin by exploring what journaling is, especially if you're new to it. After that, I'll provide you with an exercise to begin your journaling week. **Ready? Let's get started!**



Curious about exploring journaling?

Journaling is a comforting and soothing practice that involves using pen and paper to jot down all the thoughts and emotions swirling in your mind. It's a great way to clear your mind and express yourself freely. As Isaac Asimov once said, "*Writing, to me, is simply thinking through my fingers.*"

Reflecting on your thoughts and feelings daily can help you gain valuable insights about yourself and your life. By organizing your thoughts on paper, you can achieve clarity and make better decisions. Writing in a journal isn't just about self-reflection and understanding your life better; it's also a form of self-care. By jotting down your thoughts and emotions, you can uncover patterns that lead to personal growth. It's a great tool for processing feelings and handle challenges.

Journaling can help you nurture your creativity, navigate challenging circumstances or record your everyday experiences. It's a powerful tool that helps you stay present and understand yourself better. Looking for some inspiration to fill your journal with soulful thoughts? Keep reading!

Looking for inspiration for your journal writing?

Take a look at the useful prompts offered in this 7-day course and other valuable resources on [Hellomarianne.com](https://hellomarianne.com). You'll find new ways to express yourself through writing and get the motivation you need. Ready to start your journaling adventure and see the positive impact it can have on your life? Let's dive into this exercise!

Day #1

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The Art of Journaling

Share your thoughts on the reflections however you like! You can write a sentence, list some keywords or even draw your ideas. Don't hesitate to email me if you want to talk about it with me!

- Starting your journaling journey with a lovely paper notebook can add a special touch to your reflections. It's perfect for jotting down notes and sketching out mind maps. If you don't feel like heading to the store, just grab a piece of paper and begin there!
- Reflecting on your thoughts and experiences through journaling can be a wonderful daily ritual. Have you decided how much time you want to dedicate each day or week to this practice? Making it a quiet and magical moment in your day can help you prioritize self-reflection and mindfulness.

I've been pondering about this and here's what I think ...



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Journal