



The 7 Be's of Journaling

1. **BE Honest** – Lying to yourself about what you're truly feeling, hinders your healing
2. **BE Short** – There's no need to write in long sentences or paragraphs when journaling. Capturing your thoughts down in bullet points will suffice.
3. **BE Real** – No editing required or encouraged. Allow your authentic thoughts and queries to pour out onto the paper
4. **BE Consistent** – Aim to journal daily. To easily establish your routine, try to journal at the same time or timeframe each day (i.e. early morning, before bedtime, etc.)
5. **BE Playful** – Feel free to have fun and be creative in expressing your thoughts by using a combination of words and pictures.
6. **BE Positive** – Reframe your thoughts so that positive versus negative seeds are unconsciously and consciously planted in your mind.
 - a. For example, if a day, situation, or person left you feeling overwhelmed, instead of just saying, 'I felt overwhelmed' (which keeps you in that negative space), reframe it to something like: 'I felt overwhelmed but realized it before it snowballed out of control'. This reframing highlights your feelings (i.e. overwhelm) and a positive action (i.e. realization)
7. **BE Clear** – Identify what you want to do with the thoughts, ideas, or queries that come up for you during your journaling. Increased awareness, acknowledgment, actions/next steps, etc. These are your desired outcomes. Knowing what you want helps you know when you've achieved it.

JOURNALING TIPS – 7 BE's

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