



# The Art of Journaling

**Bring Peace and Joy to Your Everyday  
Life through Honest Reflection and  
Stream of Consciousness Writing**

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# Learning Objective

In this learning exercise, youth will learn how to utilize journaling as a way to self-reflect, increase mental health and continuously grow. Several different methods of journaling will be explained, and youth will be encouraged to utilize the method that works best for them and their personal development. An introduction to stream of consciousness writing will be discussed as a way to stay authentic in their everyday lives and show up for the world as their best authentic selves.

## Why is Journaling Helpful?

Life can be muddled, confusing and full of division and hate. This is just the product of a system that is built on dividing and conquering. However, your inner voice and soul can be free of hate, division and jealousy if you make a commitment to keep this voice positive and full of self-love and joy. The thoughts you tell yourself matter and the relationship you have with yourself sets the path that defines how you interact with the world. The more honest and responsible you are on your journey of life, the more the world will see the best of you, and the more you will be able to serve yourself, your community and the world at large.

According to University of Rochester Medical Center,<sup>1</sup> journaling can help manage anxiety, reduce stress and cope with depression. It also improves the ability to prioritize problems, overcome fear and track symptoms that can cause triggers. Understanding your triggers is a great way to live a more joyous life and journaling is a great tool for this!

