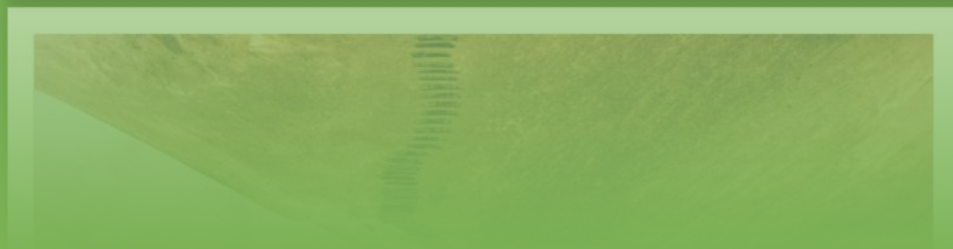
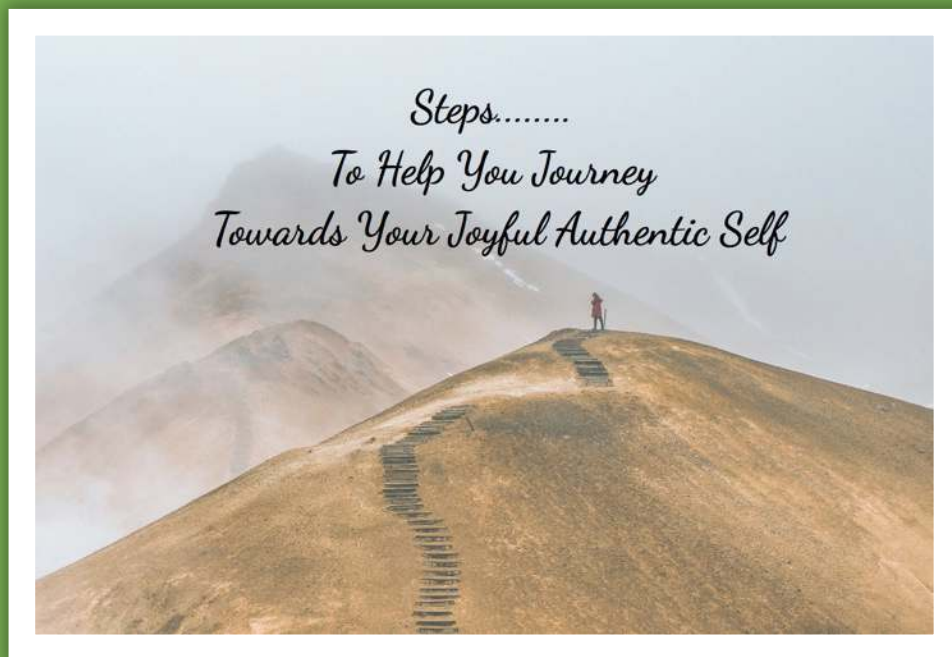


# MODULE ONE

*Stepping Stone 7*

**My Journal Teaches Me About Myself**



# My Journal Teaches Me About Myself

My journal helps me to develop self-knowledge and awareness. I become happier and more productive by writing and meditating about my life. I gain deeper insights into the reasons for my actions.

I sort out my emotions. My feelings are less confused when I put them down on paper. ***I acknowledge my anger or sadness without letting them take over.*** I treat myself with compassion while I take constructive action.

I reflect on how I arrived at where I am today. I notice recurring patterns in my relationships and career.

***I identify what I really want out of life.*** My priorities become clear. I revise my to-do list so I can focus on the things that really matter to me. I figure out where to devote my time and energy.

I evaluate my progress and congratulate myself on my victories. I reach out to others for support in areas where I am struggling.

I create my own healing process. I come to terms with the past and forgive those who have disappointed me. As I write about stressful experiences, my anxiety fades away. ***I find solutions and alternatives.*** I feel lighter and more energetic.

I celebrate my strengths. I think about how I can leverage my skills as I focus on the projects that I want to work on. I am confident that I can rise to any challenge.

Today, I use my journal to connect with my authentic self. Writing down my thoughts and feelings helps me to relax, learn, and grow.

## Self-Reflection Questions:

1. Why is it important to know my own mind?
2. How would I describe my relationship with myself?
3. How can journaling help me to make a sound decision?