



Wellbeing Activity

Therapeutic Journaling

Try a therapeutic journaling exercise. Do not hold back. Stay open to what flows out onto the page. Here are some prompts to help get you started:

- What I need to accept is...
- What I want to come of this is...
- What is on my mind right now is...
- I am grateful for...
- If my body could talk, it would tell me...
- I feel most energized when...