

# DIFFERENT TYPES OF JOURNALING

Journaling is paying attention to the inside for the purpose of living well from the inside out." Lee Wise



## 1 STREAM OF CONSCIOUSNESS

Write down your thoughts as they happen. They don't need to make sense, as they are used to capture your thoughts in real-time.



## 2 DREAM JOURNAL

Take note of your dreams each night as a way of getting in touch with your subconscious.



## 3 FOOD & FITNESS JOURNAL

Make a note of what you've eaten or workouts each day. This will help you be more mindful about the foods you choose to eat and progress made overtime. Documenting food and fitness can offer insight into areas you may need to change.



## 4 SKETCH JOURNAL

Express your feelings, thoughts, and ideas through illustrations, doodles, or sketches.



## 5 TO DO LIST

Express your feelings, thoughts, and ideas through illustrations, doodles, or sketches.

