

*Daily Journaling to
Sooth
Emotional Stress*



sheffieldcitytrust.org

WELCOME

What is Journaling about?

This is a 5-day diary to help you start journaling and keep on track with getting started to soothe your Emotional Stress and improve your mental, physical and emotional wellbeing for good.

You can start writing at any time. You will only need about 5 to 10 minutes per day. If you stick with writing your journal consistently, you will create a journaling habit for life.

This journal will guide you through some thought-provoking questions to challenge your perspective around Stress/ Yourself/ Your Limitations and Your Power.

Each day includes writing prompts to help guide your thoughts for that day or sometimes for the week.

This way, journaling becomes much more than a daily chore: it can help you define you may be stressed and find ways to overcome them with ease and it will help you step into your true and confident self.

All days follow the same structure, but the writing prompts will change.

Daily Positive Affirmations – read first thing, it will take less than a minute. Try to keep the affirmation in mind during your day.

Writing Prompts – next, you'll find a few thought-provoking journaling prompts. These are designed to help you understand your struggles, overcome your fears and map the road out for you to rise and succeed. Most will require time to think about, but it doesn't matter how much you write, sometimes a single word will be all you need.

Time for Reflection – this is where you can write about how you're feeling, what you learned that day and what progress you made.

It's about looking back at your progress.

Time to Build Healthy Habits – If you want to be happier, get more done in life, and experience real joy in life, our HABIT JOURNAL can be the way to achieve it. You can download it anytime from our website or just by jumping on the last page of this journal.



Commit to Your Journey

THE CHOICE TO CHANGE

When you were a little child, you learned what it meant to be you. From the people around you, the places you lived, and the experiences you had. All of those things brought you here. To who you are today. And as you sit here, right now. You're about to embark on a whole new chapter in your life. Some things will stay the same. But most things will change. People will come and go. Experiences will be had and memories will be made. But you've been given a gift in this moment. To decide.

What you will do, how you will live, and whom you will become. It's a new start, towards the next part of your journey. And sure, things could stay the same. You could stop here, refuse to grow, and remain stuck. But in this moment, with this breath, you have a chance to say yes. Not to yourself, but to the you that you were meant to be. The one who is waiting for you to step out, stand up and commit to yourself, once and for all. So, let us ask you, Are You Ready To Live Stress-Free?

A Letter To Myself

Dear _____,

It's time. I am ready to let go of the old, commit to myself and embrace change. I believe that the world is transformed by the choices we make and I know that my life is important. My words, thoughts, and actions are powerful.

So I am open to becoming more _____ and choose to do more _____. I am ready to commit to releasing my old stories about who I am and what I am capable of because _____.

This week I am going to be _____ I'm going to spend more time with _____, _____, _____ doing things like _____, _____, & _____.

I am also going to devote myself to spending less time doing things that waste my precious time like _____, _____, & _____ because they make me feel _____, _____, & _____.

The top three things that are important to me are:

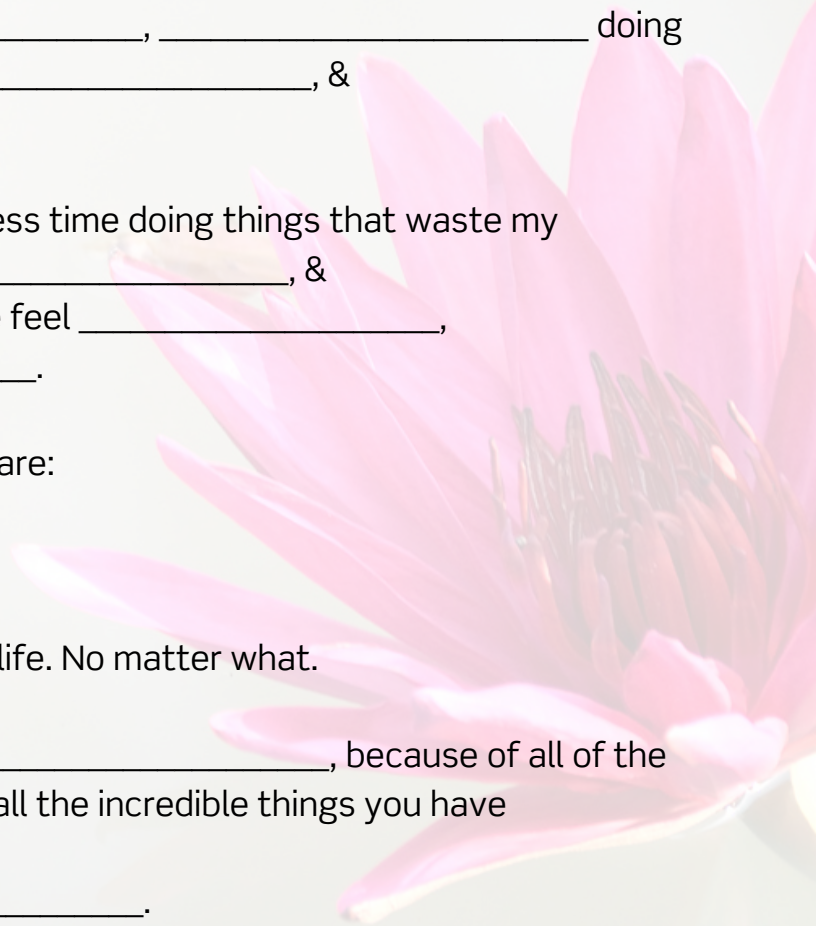
- 1.
- 2.
- 3.

...and I am ready to make them a priority in my life. No matter what.

One last thing: I love you and appreciate you _____, because of all of the amazing things you have made it through and all the incredible things you have accomplished. Especially that time you _____.

I wish for you a life worth living, my friend. And I'll be here with you, until the end.

With love,



Set a Goal

UNCOVER WHAT REALLY MATTERS

Take a deep breath before you begin.
Close your eyes and think about what it is you TRULY want.
How is Emotional Stress keeping you away from the life you want to
live?

Be realistic and as vivid and descriptive as you can!



Roadblocks

WHAT ARE THE ROADBLOCKS YOU MAY ENCOUNTER DURING THIS JOURNEY?

This is the place to explore what those things are that are blocking you or preventing you from living a calmer and emotionally resilient life.

Here focus on the SHORT TERM barriers!

You don't have to fill out every field. Choose the ones that feel the more problematic NOW!

EMOTIONAL BLOCKS



PHYSICAL BLOCKS



PHYSICAL BLOCKS



RELATIONAL BLOCKS



How do I want to feel by the end of the 5 Day Journaling Experience?

Take your time to write down how you actually want to feel
by the end of the 5 Day Journaling!





Ready to Start
Your Journey

DAILY AFFIRMATION:
MY HABITS ARE WHAT DEFINE ME. I CHOOSE TO DEVELOP
THE HABITS THAT WILL ENABLE ME TO BECOME
EMOTIONALLY MORE RESILIENT AND CONFIDENT.

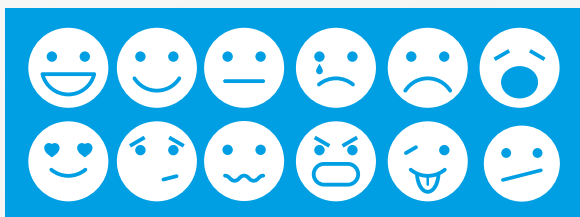
Day 1

understanding habits that make you stressed

Choose 3 of the most toxic habits that have been making you stressed the most lately. Next, write a number next to each one indicating the priority in which you'd like to tackle the habit. 1 being the highest priority to tackle first, 2 being the second-highest priority, and so on.

CHOOSE 1 HABIT THAT YOU FEEL IS THE LEAST RISKY TO BREAK TOMORROW. LAY OUT THE STEPS HOW YOU ARE GOING TO BREAK IT.

WHAT EMOTIONS HAVE YOU FELT TODAY?



HOW WOULD YOU RATE THE DAY?



3 THINGS I WISH FOR TOMORROW

DAILY AFFIRMATION:
I CHOOSE TO FEEL CALM WITHOUT JUDGING MY
ACTIONS OR THOUGHTS

Day 2

replace stressful habits with more comforting ones

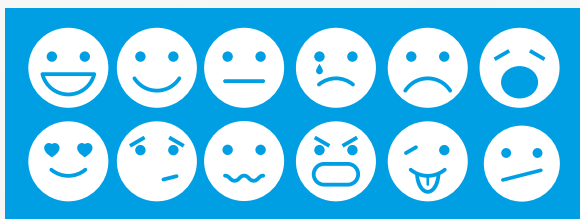
Next to your list of stressful habits you are trying to change, write down at least one easy and less stressful habit that could replace it. Then reflect on the WHY!

Why does this make you feel happier?

How could I make this habit more frequent in my everyday life?

MAKE A PLAN ON HOW TO IMPLEMENT THIS HABIT INTO YOUR NEXT 5 DAYS!
HOW ARE YOU GOING TO STICK TO THIS HABIT WHEN YOU ARE TOO BUSY/ OVERWHELMED?

WHAT EMOTIONS HAVE YOU FELT
TODAY?



WHAT AM I GOING TO DO IF THINGS DON'T
TURN OUT THE WAY I WANT THEM TO?

HOW WOULD YOU RATE THE DAY?



DAILY AFFIRMATION:
I AM SAFE WHEREVER I AM NOW. IF I MAKE A MISTAKE, I NO LONGER JUDGE MYSELF, BUT I TRY TO BE CURIOUS. I ASK MYSELF; WHAT IS THIS EXPERIENCE TRYING TO TEACH ME?

Day 3

stress as teacher, protector

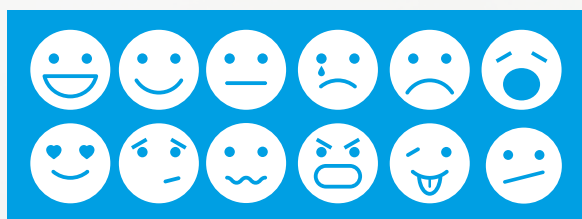
Today we are going to focus on shifting our focus and bringing awareness to stress as something positive, instead of an event that could ruin our days.

So think about the time when you are stressed and you have a physical reaction. How does stress manifest in your body? What kind of symptoms are you noticing?

WHAT DO YOU THINK THIS EXPERIENCE AND THE PHYSICAL REACTION ARE TRYING TO TEACH YOU AND PROTECT YOU FROM?

WOULD YOUR LIFE BE DIFFERENT IF YOU LISTENED TO THESE PROTECTIVE NOTES? IN WHICH WAY? TAKE YOUR TIME TO REFLECT ON THESE QUESTIONS AND ANSWERS. THERE ARE NO RIGHT OR WRONG ANSWERS HERE :)

WHAT EMOTIONS HAVE YOU FELT TODAY?



HOW WOULD IT FEEL, TO BE IN A STRESSFUL SITUATION WITHOUT THIS PHYSICAL REACTION? WHAT WOULD MAKE YOU FEEL MORE COMFORTABLE IF YOU COULD CHOOSE HOW TO REACT?

HOW WOULD YOU RATE THE DAY?



DAILY AFFIRMATION:
I CAN CHOOSE. I HAVE THE ABILITY AND OPPORTUNITY TO CHOOSE
THE WAY I WANT TO FEEL AND WHERE I WANT TO BE IN LIFE. I CAN
PRACTICE MY WILL IN REAL LIFE TOO NOT JUST IN MY MIND.

Day 4

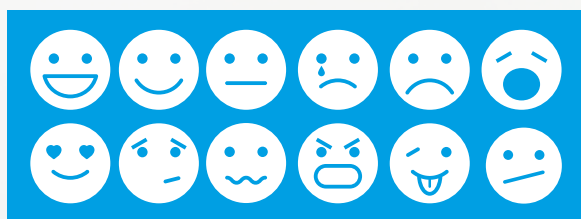
stress as your guide

Once you have reflected on what stress and the upcoming emotions are trying to protect you from, we can start to look into what it's trying to show us.

What do you think Stress, as your protector and safeguard, is trying to show you?
Where could you be/ go once you overcome the emotional rollercoaster that stress causes you?

IF YOU COULD ENVISION YOUR IDEAL SELF IN STRESSFUL SITUATIONS, WHAT CAN YOU SEE?
HOW IS YOUR IDEAL SELF REACT WHEN STRESS STARTS TO RISE?

WHAT EMOTIONS HAVE YOU FELT TODAY?



HOW WOULD YOU RATE THE DAY?



IS THERE ANYTHING YOU CAN, DO SAFELY, START TO PRACTICE TODAY TO BE CLOSER TO YOUR IDEAL SELF?
HOW WOULD THAT LOOK LIKE IN A REAL SITUATION?

DAILY AFFIRMATION:
I HAVE POWER AND I CAN MAKE MY IDEAS HAPPEN IN
REAL LIFE. I AM RESILIENT AND STRONGER THAN
YESTERDAY.

Day 5

stress as your weapon

Did you understand what Stress, as your protector guide, was trying to show you?

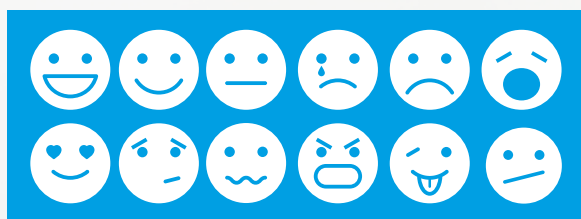
Let's reflect on how you could start to use it to your advantage.

When you envisioned your ideal self in a stressful situation, what emotions were appearing?

How did it feel being in control and deciding to not give in to the negative feelings?

THE GOOD NEWS IS THAT, WHATEVER YOU CAN ENVISION IN YOUR MIND, IT'S ALREADY INSIDE YOU.
YOU HAVE ALL THE POTENTIAL TO TRANSFORM YOUR EXPERIENCE FROM NEGATIVE TO POSITIVE.
WHAT'S COMING UP FOR YOU WHEN YOU READ THESE WORDS? BE AS DETAILED AS POSSIBLE.

WHAT EMOTIONS HAVE YOU FELT
TODAY?



HOW WOULD YOU RATE THE DAY?



DO YOU TRUST YOURSELF TO STEP INTO YOUR FULL POWER
AND COPE WITH STRESS EFFECTIVELY?
OR MAYBE ARE YOU DOUBTING YOUR CAPABILITIES?
WHAT CAN YOU DO TODAY, THAT FEELS SAFE ENOUGH, TO
CHANGE YOUR PERSPECTIVE AND USE YOUR INNATE
POWER?

CONGRATULATIONS!

YOU HAVE COMPLETED THE 5 DAY JOURNALING ACTIVITY

WHAT'S NEXT?

You may have a lot of questions after completing this Journal, and it's perfectly normal. Go through this journal as many times as you need to have a clearer vision of your next steps.

To build Emotional Resilience and Take the Power Back from Stress and Anxiety, you need to be able to implement small and tangible steps for bringing you closer to how you truly want to live your life.

We have created an incredibly useful Program for You to follow whenever or wherever you are on your journey.

You can now Download our Unique
HABIT BUILDING PROGRAM

to build habits that serve YOU and your lifestyle, with a proper action plan and tracking platform.

Use this journal with our habit-building program and you will have guaranteed results!

Looking forward to seeing you in our facilities!