



MINDFUL WELLBEING

journaling



WELLBEING & A BLANK PAGE

Sometimes increasing your productivity, decreasing your anxiety and adopting a more positive outlook on life comes in the form of simple stationery. A blank paper and pen. Our thoughts are powerful, and free writing has the power of healing your mind and helping you take control of your life by unlocking your full potential. The possibilities are endless with two simple items that we all have access to: pen and paper. The following are some ways to powerfully use a simple sheet of paper.



- Keep track of your day's activities. At the end of each day, evaluate how you've spent your time. Could you have spent more time with loved ones and less time watching tv? Teach yourself to gradually maximize your 24 hours.
- Create a vision journal. Behind each goal, write out a detailed plan on how to manifest them. Studies show you are more likely to act if your goals are clearly defined and written out.
- Express yourself using unsent letters. When you are stressed, angry or having trouble dealing with life's events, write them out. Studies show this is an effective de-escalation method.
- Create daily goal lists. Seeing checked boxes can propel you to keep your motivation and productivity strong throughout the week.
- Free write. Whether it's spilling all your emotions on paper, mapping out a perfect reality or making a gratitude list, writing can be therapeutic. Create a weekly habit of reflection and just write!

