

Creating a vision of  
encouragement to others who  
have dealt with Bullying and  
helping them know that they are  
enough

# You are Enough Journaling series

BY KENNEDY WILTZ

# **3 Beginning Jorunaling With Purpose**

## **5 Jorunaling Tips And Advice**

## **7 Continued Journaling Tips And Advice**

## **8 Five Ideas For Journaling**

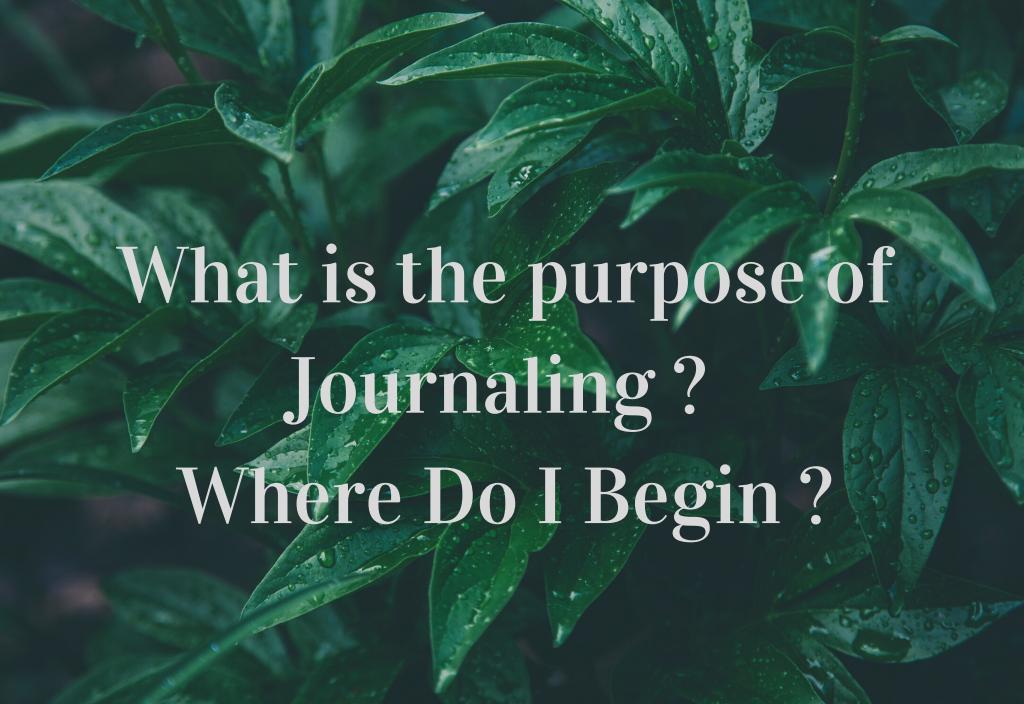
## **9 Continued Five Ideas For Journaling**

## **10 closing**



03

# Step 1: Finding your purpose and taking your First step on your Journey



# What is the purpose of Journaling ?

## Where Do I Begin ?

**Journaling is a way to connect to the thing that has been blocking your heart, feelings, or desires. A lot of time it's hard to say in words about hurtful periods of our life. It gives you the opportunity to better your writing skills. It really opens up a new conversation on things you have buried. It pushes you to reach a new level of peace when you journal. Journaling can help remind yourself of your values and beliefs. There are no boundaries to journaling.**

- **Prompts for Journaling**
- Am I letting people use me as an emotional and energetic punching bag ?
- How can I feel less alone this season ?
- What are your 2020 goals and plans ?
- Create a mood tracker in your journal
- How has the black movement impacted the way you feel about God ?
- Write a letter to your younger self, Going through that painful experience
- If Fear is my compass, where are my fears guiding me ?

05

# Step 2: Taking the best approach to better your Journaling

# Journaling Tips and Advice

## 1. Using Pen and Paper

I recommend using a traditional diary or composition notebook because Journaling on your phone can have distractions. Writing by hand gives you a break to allow your mind to be unplugged. Do research to find fancy journals online or use a regular cheap composition notebook. It about what you find inspires you to continue the journaling process.

## 2.Journal in the Morning

Studies show that it is best to write in the morning because it's when your mind is most quiet and free from external influences. When you about to start journaling I suggest putting your phone down while journaling. I recommend journaling in the morning but If the morning is not a good time for you, set a time in your day where you're most productive and least likely to be interrupted. Do the same time every day to make journaling a lasting habit.

### 3. Pick a Time and When You Start Journaling

Pick a time and choose if you will do it in the morning or evening and make sure you write in your journal during that time every time. Journal even when you don't feel like it, I know it's easier said than done but the good news is we all fall short of not being consistent but if you do fail, just continue doing it the next day. If you feel that you don't have anything to write about use some of my prompts above to get more of a guide about what to write or start writing a few lines and the issue will rise from the surface.

### 4. Everyone has Different Journaling Process and Schedule

My journal Process and schedule I feel is very different from others but here it is: On my busy days I usually write for up to 5- 10 minutes or Some days I do a voice memo on my phone to remind myself of my values. During the school year, I journal more in the morning. But, since Quarantine start to journal more around noontime My journaling process told a while to actually be consistent and began. It told forever because I felt like really didn't believe in journaling and that I wouldn't have time to journal. But, I started journaling it wasn't perfect at being dedicated but it actually became very therapeutic for me. Another big concern was that I am a terrible writer and my message wouldn't be conveyed right. But, my mentor, my best friend, and many others told me how it helped them and that it's intended to help God understand how you feel more and it allows you to be vulnerable.

08

# Step 3: Explore other ideas to better your Journaling

# Five Ideas for Journaling=

## #1 Streams Of Consciousness

This journaling idea is base on writing anything that is on your mind. Your Journal entry can be short or long. The thoughts will pops up in your head and eventually what needs to be revealed will be revealed.

## #2 Easy Journaling

This type of Journaling basically is intended to make Journaling easier for you. An example of this where you make three bullets of things that happen during your day or little blessings that happen.

## # 3 Bucket List

This is pretty simple, but to give you some more ideas. You can make a list of the things you want to do before you die, to make a list of food you want to cook, if you want to learn to new language or make a list of goals of new words you want to learn.

## #4 Journal to Music

Put on your favorite song and journal to the music. Journal to music and let the music open you up to get you in your feelings. Music can sometimes reveal deep issues.

## #5 Gratitude Journal

List things that you are gratitude for, spend time feeling grateful for little things in your life !

Remember Journaling can be written digitally or on paper

Here is a little more guidance with journaling and encouragement with restarting with God -

<https://youtu.be/GJURBbKBB9g>

<https://youtu.be/iuijyPiXcfU>

<https://youtu.be/wvYnwXWX8dw>

<https://youtu.be/zici4PW-zvI>

( Copy and paste it into your search bar )

A white ceramic mug is positioned on the right side of the frame, containing a dark liquid, likely coffee or tea. It rests on a dark, weathered wooden table. In the background, the edges of an open book are visible, showing its pages. The overall lighting is soft and natural.

Thank you everyone  
for reading this  
resources and I hope  
you enjoy it.