



# 7 Day: Let's Journal



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# Welcome!

*Thank you for using Counseling Heals with Seals to assist you on your journey. This 7 day guided journaling experience may help you begin journaling, process your thoughts, and open yourself to greater insightfulness.*

*\*Please enjoy your journaling experience during the quietest part of your day.*

## *Let's Journal!*

*Utilize this 7 day journaling experience to help you learn how to journal. Journaling is used to help you process your thoughts & put them on paper. By completing this 7 day experience you may have a better chance of noticing irrational thoughts & may learn how to practice gratitude.*

Day 1:

*What thoughts have I had today that were negative? How true are these thoughts?*

*\*(Negative thoughts: thinking negatively about yourself / your actions or thinking the worst about a situation repetitively).*

Day 2:

*How do others around me talk to themselves? What do we have in common?*

Day 3:

*How did I help myself correct negative self-talk today? What did I say positive to myself today?*



Day 4:

*What is no longer serving me? How will you eliminate these elements?*



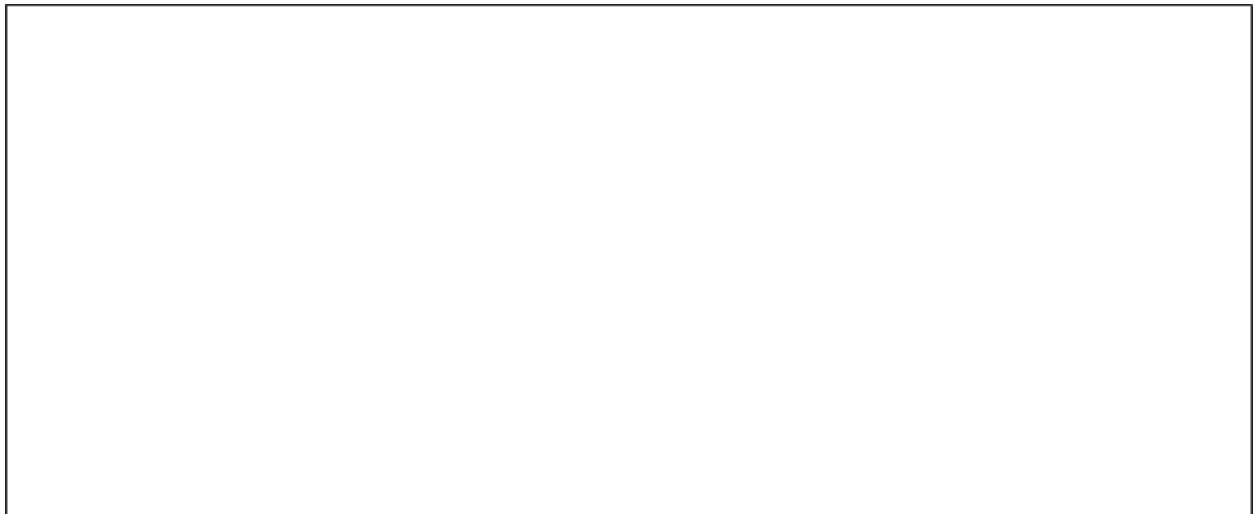
Day 5:

*What gave me joy today? How will I do or receive more of this?*



Day 6:

*What choice(s) are you making that will help you 5 years from now? How will you keep being determined in this area?*



Day 7:

*Who can help me be accountable for my new way of thinking?  
How will you ask for their accountability?*



*Sooo... how was it? Refreshing, insightful, painful? Is this something you think you will continue?*

*Reminder: this is not a substitute for professional mental health care.*

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