

Celebrate Your Journey

You've Come a Long Way,
and it Took a Lot to Get Here



Journaling Guide

Susan Knight

Contents

Welcome!	3
There's a Whole Lot to Celebrate	4
The Power of Past Achievements	6
The Wisdom of Lessons Learned	8
Tips and Resources	
Enhance Your Journaling Experience	10
Self-Care Tips	11
About the Author	13

Welcome!

Life isn't easy; it took a lot for you to get to where you are today.

Celebrate Your Journey is an opportunity for you to see how far you've come, how much you've achieved, and how much you've learned along the way.

Far too often, we get down on ourselves for mistakes we've made, and we focus on the places where we messed up or went astray. What we don't always see as clearly is the wonder of our life journey and how much we've accomplished. The reflections and journal prompts in this guide will lead you to a greater appreciation of the unique journey you've travelled, showing you just how much you have to celebrate.

Don't be afraid to select a journal prompt you feel a little unsure about; you might be surprised by what your writing reveals. But always use the prompts in a way that feels safe and right for you.

Remember: *your journal is your private space, where you're totally free to be yourself. There is no right or wrong, so don't hold back! Express anything you like, in any manner that feels right to you.*

*For ideas on how to enhance and enrich your journaling experience, see **Tips and Resources** at the end of the guide.*

There's a Whole Lot to Celebrate

Reflection

Life isn't always smooth sailing. There will always be events that come up, many times unexpectedly, that leave us feeling lost, discouraged, and thrown off course. During those times, it's easy to start focusing on where we went wrong and all the things that didn't work out. Before long, regret can set in, leaving us feeling depressed and deflated.

Sure, perhaps you've made some mistakes along the way. So has everyone else – no matter how "perfect" and together their lives may appear. But no-one else knows exactly what you've been through and everything it took for you to get here. No-one else knows the tough choices you've had to make, the tears you've shed, or the many times you may have felt like giving up.

No matter where you may be at today, give yourself credit for how far you've come. In spite of everything, in spite of all the ups and downs, you haven't given up. You're still here, pushing on. And while you might not always see it, your life is special, filled with purpose, meaning, and value.

Journal Prompts

How are you a different person today, compared to who you were 10 or 20 years ago?

What has been a defining experience or period in your life?

When have you had to adapt to a change or new situation in your life?

What was a challenge or difficulty in your life that you dealt with successfully?

What are some of the good things that have happened in your life that you're grateful for?

When in your life have you felt really proud of yourself?

What is the best thing that has ever happened in your life?

*Celebrating your life goes hand in hand with taking care of yourself. For a list of supportive self-care tips, see **Tips and Resources** at the end of this guide.*



The Power of Past Achievements

Reflection

We've all had achievements in our lives of one kind or another. You learned to walk, talk, and tie your shoe laces – huge accomplishments for someone who had only been in the world a few short years! As you grew older and gained more skills, you went on to have many more achievements in a variety of areas.

Past achievements are a great source of inspiration and motivation. They give us something concrete to draw on as we face new situations and challenges in life. They serve as evidence that you're a capable and competent individual, with the ability to persevere and see things through. And they're a powerful reminder that just as you've achieved all those things in the past, there's no reason why you can't go on to achieve even more in the future.

Journal Prompts

Think about some of the most significant achievements you've had in your life. What was it that made those achievements so special?

What is one stand-out achievement that you're especially proud of?

Describe a past achievement that caused you to change your view of yourself. How did this change impact your life?

What achievement in your life required that you overcome some challenges or difficulties?

What are the areas in life where you feel most capable and confident in your ability to successfully achieve what you want?

What causes you to doubt your ability to achieve? How can you leverage your actual achievements to counter those doubts?

What qualities do you have that you think have contributed most to your past achievements?



The Wisdom of Lessons Learned

Reflection

The lessons we learn in life play a powerful role in shaping and refining who we are, how we think, and the choices we go on to make. While learning those lessons may be a normal part of life, it isn't always an easy or comfortable process. Everyone can recall at least a few lessons along the way that were rather painful to learn.

On the other hand, the process of learning can be incredibly exciting, as you feel yourself growing, changing, maturing, and becoming a different person. Every lesson serves as an opportunity for increased knowledge, understanding, and insight, all of which you can later draw on to help you deal with new situations more effectively. When we recognize this, we realize that we're not just getting older, but we really are getting better, as we acquire the wisdom of lessons learned.

Journal Prompts

What do you consider to be the most important lessons that you've learned in life?

What were some of the key events and circumstances that led to you learning important lessons in life?

How did you feel as you went through the situations that resulted in you learning your important lessons?

How have the lessons you've learned influenced how you look at yourself, other people, and the world in general?

In what ways do you think you've become wiser as a result of past lessons learned?

Which life lesson was especially difficult for you to learn, perhaps requiring that you re-learn it multiple times?

If you could share one key life lesson that you've learned with other people, which lesson would it be?



Tips and Resources

Enhance Your Journaling Experience

Here are some ways to enhance your journaling experience and truly make it your own:

- if you're more visually oriented, go ahead and include artwork or your own drawings in your journal
- use one of the many digital journaling tools available if you prefer that format over writing in a journal notebook
- add fragrance to your writing environment with essential oils or incense
- have some fresh flowers or plants in view as you write
- light a candle before you sit down to write



- connect with nature by taking your writing outdoors
- don't be constrained by writing prompts; allow yourself to explore whatever direction you feel drawn towards

Self-Care Tips

Here are 10 tips for taking care of yourself, no matter what may be going on in your life:

1. Practice good posture – head up, shoulders back.
2. Take a few moments to breathe slowly and deeply.
3. When you find yourself engaging in negative self-talk, tell yourself something positive and encouraging instead.
4. Perform some simple stretches throughout the day.
5. Watch an inspiring movie or lose yourself in a good book.
6. Do something nice for yourself; treat yourself to a little gift or splurge on a little luxury you know you'll enjoy.
7. Find time for your favourite hobby.



8. Turn off all your devices (TV, computer, cell phone, etc.) and enjoy some quiet time. Doing this before you go to bed will also help you to sleep better.
9. Connect more often with the good people in your life that support and encourage you, and distance yourself from anyone who doesn't treat you well.

10. Add beauty to your space with some fresh flowers in a colour that you love.

Bonus tip:

Think about a happy memory, or a special person, that makes you smile on the outside and the inside. There are studies which indicate that your brain doesn't distinguish between what's real and what's imaginary. Therefore, when you recall a happy memory or a special person in your mind, your brain processes that recollection as if it were happening in real time – allowing your body to essentially relive all the associated pleasant sensations.

About the Author



Susan Knight is a health writer and certified health and wellness coach. She is also passionate about journaling and its health benefits; she has written on the topic and interviewed experts in the field of therapeutic journaling. She has created a variety of journaling guides to help others experience the transformative power of journal writing.

In her spare time, you'll likely find her tending to her many houseplants, curled up with a good book, or playing her much-loved harp.

Susan shares:

"We're often told not to dwell on the past, but there's a big difference between dwelling on the past vs. drawing on it. That's why journaling is so useful; it allows you to reach into the past purposefully, extracting that which will empower you and support you in navigating the present."

For more journaling guides and other resources, visit:

TakeHoldOfWellness.com