



Personal Wellbeing Journal



THIS JOURNAL HAS BEEN SUGGESTED TO YOU TO ENCOURAGE YOU TO PAUSE FOR A MOMENT AND THINK ABOUT YOUR LIFE AND YOUR CHOICES. IT'S AN OPPORTUNITY TO WRITE ABOUT HOW YOU ARE FEELING, WHAT AND WHO IS IMPORTANT TO YOU AND WHAT BRINGS YOU CONTENTMENT, PURPOSE, PEACE AND JOY.

- » **Try to write every day.** Journaling is like exercise, the longer you stick with it the greater the benefit. Finding just 10 minutes in your day can help you to build the habit.
- » **Write whatever feels right.** Your journal is your space to express yourself in your own way; there is no right or wrong. And don't worry about spelling mistakes or what anyone else might think.
- » **You don't have to share it.** Journaling creates valuable time for yourself and can bring some order to your thoughts. You may want to share your insights with the chaplain who gave you the journal, or with trusted friends and loved ones; but you don't have to.

This electronic journal has been designed for use with Adobe Acrobat PDF Reader. If you don't already have it on your device, you will need to download this free software before you begin journaling.

THE SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Reinhold Niebuhr, included in *A Book of Prayers and Services for the Armed Forces, USA, 1944.*

There's no great secret to journaling; we all start with the blank page and our own thoughts. However, the following prompts may be helpful to get you started:

- » Think about your personal values. Are you living by them?
- » What are your unique skills? Are you making the most of them?
- » What will you do when you next have time off?
- » What are you looking forward to?
- » Think about the last year. What have you learnt?
How have you grown?
- » What are you concerned about?
- » What is having an unhealthy impact on you?
- » Think about a time when you felt content.
What helped you feel that way?
- » What is your favourite memory?
- » Of the things you've achieved in life, what are you most proud of?
- » Have you ever experienced something you would call a miracle?
- » Which relationships in your life are most important to you?
- » Do you feel you have improved someone's life? If so, how?
- » What qualities do you look for in your friends?
What about in potential partners?
- » How do you feel about your current relationships with your friends?
And with your family?

DAY 1

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

You are amazing

DAY 2

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

“Better to be ordinary and work for a living than act important and starve in the process.” Proverbs 12:9

(The Message)

DAY 3

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Love keeps desiring the
best for others**

DAY 4

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Remember you're
not perfect – yet**

DAY 5

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

"I lift up my eyes to the mountains – where does my help come from? My help comes from the LORD, the Maker of heaven and earth." Psalm 121:1-2

(New International Version)

DAY 6

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Your smile is powerful;
like you, it is unique**

DAY 7

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

Invite others into your life

DAY 8

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

“‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” Jeremiah 29:11-12

(New International Version)

DAY 9

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Time is a currency you can
learn to spend well**

DAY 10

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Sometimes life hurts; even
when it hurts, keep going**

DAY 11

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

“The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.” Psalm 23:1-3

(New International Version)

DAY 12

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

There's always hope

DAY 13

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

You are a blessing

DAY 14

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

“The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.” Lamentations 3:22-23

(New Living Translation)

DAY 15

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

Your best lies ahead of you

DAY 16

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**To see God at work, sometimes
you have to look back**

DAY 17

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

Jesus said, "I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." John 14:27

(New Living Translation)

DAY 18

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Sing in the dark; the
dawn is coming**

DAY 19

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

Kintsugi – a Japanese art form that restores meaning to brokenness and has its own kind of beauty

DAY 20

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**The Apostle Paul: “I am convinced
that nothing can ever separate us
from God’s love.” Romans 8:38**

(New Living Translation)

DAY 21

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Above the clouds the
sun is always shining**

DAY 22

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**You are seen and known
and loved for who you are**

DAY 23

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**“Guard your heart above all else, for
it determines the course of your life.”**

Proverbs 4:23

(New Living Translation)

DAY 24

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Sometimes courage is the quiet
voice at the end of the day saying,
“I will try again tomorrow”**

DAY 25

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Sometimes the bigger problem is
how we think about the problem**

DAY 26

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”

Philippians 4:6

(New Living Translation)

DAY 27

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Today, try engaging your heart
more and your head less**

DAY 28

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**We all have bad days.
Even on those days, try to find
something to be thankful for**

DAY 29

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

“Look up into the heavens. Who created all the stars? God brings them out like an army, one after another, calling each by its name. Because of God’s great power and incomparable strength, not a single one of them is missing.” Isaiah 40:26

(Adapted New Living Translation)

DAY 30

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about



**Your presence is
meaningful**

DAY 31

Things to be thankful for

What happened today and how do I feel about it?

Things I'm wondering about

**Accepting help is its
own kind of strength**

FURTHER SUPPORT

If you're interested in journaling, try www.penzu.com

If your journaling has helped you to identify things that you would like to talk through with someone else, you are most welcome to get in touch with your chaplain. They will be happy to help.

For further support you can try:

Every Mind Matters: www.nhs.uk/oneyou/every-mind-matters/

Expert advice and practical tips for looking after mental health and wellbeing.

Combat Stress: www.combatstress.org.uk

Serving personnel and their families can call a 24-hour mental health helpline on 0800 138 1619.

Big White Wall: www.bigwhitewall.com

Anonymous online support for people experiencing anxiety, depression and other common mental health issues. Free for serving personnel.

Samaritans: www.samaritans.org

A free, 24-hour helpline, offering confidential support for people experiencing distress or despair. Call 116 123.

There is a further, comprehensive, list of support agencies at: www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

If you think you are in immediate danger, please contact the emergency services or your chaplain straight away.



The Methodist Church
www.methodist.org.uk

Produced thanks to a grant from the
Methodist Forces Board.

Cover images licensed under the
Open Government Licence v3.0

First published in 2020 by the Methodist Forces
Board on behalf of the Methodist Church in
Britain, registered charity no 1132208.

© Trustees for Methodist Church Purposes 2020.
All rights reserved.

The **Methodist Church**

