# Coping and Growth-Focused Journaling During Rapid Cycle Change

For some, writing down thoughts and feelings allows a person to understand themselves more clearly. It allows a person to observe and learn about their thoughts and emotions in a more concrete way. Journaling gives a person an opportunity to **examine their feelings and strengthen your self-awareness** by viewing thought processes and emotions from more of an outside perspective, which can help identify opportunities for growth as well as track moments of brilliance. The National Council suggests journaling at the same time daily, allowing oneself the space to start a ritual of contemplation. Even if a person cannot think of what to say, it is worthwhile sitting for the full five minutes and allowing the space for examination.

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| **Week of**  **\_\_/\_\_/\_\_** | **Today was good because…** | **I could have done without…** |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Sunday |  |  |

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| A year from now I want to still be doing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from this week. |
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