

## Listing

Creating a List is one method that can be used when Journaling. It is a great way to gain clarity on your own feelings and discover what is really in your heart and mind.

Let your mind wander and allow yourself to write freely and honestly, without guilt, judgment, or censoring.

Flow with whatever direction your thoughts take you. Many times, a list will start at one place and end up evoking thoughts in a whole different direction. Go with it and explore these thoughts.

Possible Prompts for Lists: (suggestions if you need help getting started and create prompts of your own)

Things that make me smile:

Everything I would like to say No to:

Everything I would like to say Yes to:

Things I wish I had the nerve to do:

Things I would do if failure was impossible:

Reasons I have to be happy:

Reasons I have to be grateful:

Things I wish I knew how to do:

Things I would do if time (or money) was no object:

Things I loved to do as a child:

Times I have laughed from the gut:

Things that are fun to do:

Things that inspire me:

People I most admire (and what I admire about them)

New things I would like to learn how to do:

Things that make me angry:

Things that I worry about the most:

Places I would like to visit:

Things I am proud of:

Things I like about my job or career:

Things I hate about my job or career:

My favorite books (or movies, or food, or people, or experiences, etc.)

Things I would try if I didn't have to do it perfectly:

Changes I would like to make to my home:

Changes I would like to make to myself:

Your list is for your eyes only - so write honestly what you truly feel and think. The more honest you are, the greater self-discovery you will experience.

Look at your list for any connections or insights that may spark future journaling subjects.