

# REFLECTION

THE PROCESS OF THOUGHT & CONSIDERATION.

JBM THERAPY  
COUNSELLING & CONSULTING

***Take your time.***

Writing is a helpful way to externalize, understand & move forward.

Feel free to use the journal prompts below to guide your reflection and writing on a piece of paper. Adjust the prompts however you'd like, they are only a guideline. Try not to feel stuck on answering the question perfectly or correctly because there is no right or wrong way to do this. Instead, read the question and pay attention to what is coming up for you... What are you feeling? What are you thinking? If you're stuck, write just that! If you want to doodle, do that too. Just give it a chance and see what happens.

**Today, I am feeling.....I am feeling this way because....**

**The way I want to feel is...**

**One thing that I can do to work towards feeling that way is...**

**The person I am working on becoming wants/needs/is/feels/believes/etc.: (choose 1):**

**One thing I can try today that will push me towards *that* version of myself is:**

**When I think about who I am becoming, I feel:**

**I am grateful for (try to choose something meaningful that brings you positive emotions):**



**JOURNALING CAN BE HARD AND MANY  
EXPERIENCE A RESISTANCE TO IT.**

***THIS IS NORMAL.***

**WE OFTEN RESIST CHANGE AND THE THINGS WE  
NEED THE MOST.**

***KEEP GOING - IT CAN WORK IF YOU LET IT....***

Daily writing & gratitude  
uses neuroplasticity, which  
means we can re-wire our  
brain to function more  
helpfully through this  
intentional act.

