

*The Blooming Practice*

# The Daily Check-In

REFLECT, RESET, REVIEW, RECONNECT



Marelize Krieg  
@TheBloomingPractice

# Table of Contents



The Blooming Practice	03
About Marelize	04
Introduction	05
Everything You Need to Know About Journalling	06
Paper or Digital Journalling?	9
How to Do the Daily Check-In	14
How to Use This Workbook	21
Journal Prompts for the Daily Check-In	22
Journal Prompts for the Morning Check-In	23
Journal Prompts for the Evening Check-In	24
What's Next?	25

BLOOM WHERE YOU ARE PLANTED.

# The Blooming Practice

The Blooming Practice offers counselling services, content, resources, and products for healing, personal growth, counselling, lifestyle design, mental health, and holistic wellness. The aim is to empower you with the awareness, knowledge, insight, and tools needed to **transcend your fears to become your favourite self and build your dream life.**

At The Blooming Practice, each individual is the writer of their own story, with the power to envision and create their dream life. You have the power to choose which chapters define you and which are just another small part of your journey. **You are your own hero.** Don't just survive - thrive!



Life can be hard, unfair, intense, and terrible. But, life can also be beautiful, enriching, inspiring, and hopeful. Surviving is not easy, and thriving is even more difficult. However, you are resilient. Everything you need to succeed, you already have access to – perhaps you just don't know it yet.

*- Marelize Krieg*

HI THERE!

# About Marelize

*Bloom Where You Are Planted.*

My name is Marelize Krieg and I am a Specialist Wellness Counsellor registered with the Association for Supportive Counsellors and Holistic Practitioners (ASCHP) (registration number SWC2024/7073). My areas of interest include **trauma recovery** and **post-traumatic growth**.

I offer a wide range of services to individuals, couples, families, and other groups, including:

- Coping skills
- Trauma debriefing
- Trauma counselling
- Crisis management
- Loss and grief counselling
- Substance abuse and addiction counselling
- Psycho-education



*Let's Connect!*

<https://www.instagram.com/thebloomingpractice>  
<https://www.facebook.com/thebloomingpractice>  
<https://www.tiktok.com/@thebloomingpractice>  
<https://www.linkedin.com/in/marelize-krieg/>  
<https://www.psychologytoday.com/za/counseling/marelize-krieg-bracken-heightswc/1369944>  
<https://www.humanitas.co.za/alumni/marelize-krieg/>

EVERY ENDING IS A NEW BEGINNING.

# Introduction

Congratulations on taking another step towards becoming your favourite self and living your dream life! Everything worth having in life starts by showing up, so you are already on your way to achieving what you want.

To bloom where you are planted, you need to deeply understand and embrace the power you have to dream, choose, and act. You get to decide what you want from yourself, your life, and others - and you are the one who can make it happen. You are the seed that will ultimately grow and beautifully bloom for all the world to see.

This workbook was born out of the exercises, ideas, and activities that helped me become my own favourite self and create my own dream life. But it is not only me - I have shared this workbook with all my clients and on my website for anyone who is interested. These journal prompts will help you discover who your are, understand yourself, clarify what you want, and create accountability for achieving your dreams.

I am confident that if you commit to using this workbook and use it as your guide for doing a daily check-in, your life will change in ways that will amaze you.

**Tag me at [@TheBloomingPractice](#) and use [#TheBloomingPractice](#) so I can see and share your post!**



“JOURNALLING IS LIKE WHISPERING TO ONESELF AND LISTENING AT THE SAME TIME.” - BRAM STOKER

# Everything You Need to Know About Journalling

## WHAT IS JOURNALLING?

Journalling is the practice of writing down your thoughts, feelings, experiences, and reflections. It can be a tool for self-discovery, goal setting, planning, personal development, creative expression, cultivating gratitude, and improving your mental health. There are many forms of journalling. No matter who you are, when, or how you start, journalling can work for you!

Journalling has been proven to be an impactful and affordable self-improvement activity. All you need is a pen and some paper - no special knowledge or skills required! It can be done at any time in almost any setting.

If you want to feel your feelings, process your emotions, and organise the chaos that is your thoughts, then journalling is for you!

Getting started is often the hardest part - which is why I've put together this workbook of everyday journal prompts to help guide you on your journey...

## WHAT CAN YOU USE JOURNALLING FOR?

- To promote self-reflection and self-discovery.
- To record your personal growth.
- To track anything and everything about yourself - mood, habits, thoughts, behaviour, progress!
- To create an outlet for you to experience your emotions.
- To cultivate gratitude and positivity.
- To process trauma.
- To identify negative thought patterns and patterns of behaviour.
- To identify and better cope with emotional triggers.
- To improve stress management.
- To realise your dreams through manifestation.
- To become more proactive rather than just being reactive.

*Journal writing is  
a voyage to the interior*

CHRISTINA BALDWIN

“THE BEST TIME TO BEGIN KEEPING A JOURNAL IS WHENEVER YOU DECIDE TO.” - HANNAH HINCHMAN

# Everything You Need to Know About Journalling

## THE BENEFITS OF JOURNALLING

**Stress Reduction:** Journalling can help you release negative thoughts and emotions, which can reduce stress and anxiety.

**Improved Mood:** Journalling can help you identify negative thoughts and behaviours, and replace them with positive self-talk.

**Better Problem-Solving:** Journalling can help you analyse situations objectively, and come up with solutions you might not have thought of before.

**Improved Self-Awareness:** Journalling can help you understand your triggers, strengths, and weaknesses, and what environments help you thrive.

**Goal Setting:** Journalling can help you set specific, measurable, achievable, relevant, and time-bound (SMART) goals, and track your progress.

**Improved Communication Skills:** Journalling can help you express your thoughts and ideas, which can improve your communication skills.

**Improved Memory:** Journalling can help you remember things better by signaling to your brain that what you write is important.

**Improved Immune System:** Journalling can help strengthen your immune system response.

**Improved Ability to Cope with Illness:** Journalling can help you better cope with illness by reducing the number of sick days you take, and decreasing the experience of pain.

*Journalling helps you to  
remember how strong you  
truly are within yourself*

ASAD MEAH

“WRITE LIKE IT MATTERS, AND IT WILL.” - LIBBA BRAY

# Everything You Need to Know About Journalling

## USING JOURNAL PROMPTS

### What Are Journal Prompts?

Journal prompts are guided questions that facilitate exploration of chosen topics through reflection. They are usually grouped according to specific topics, such as healing, motivation, self-love, etc. Journal prompts structure your journalling habit.



### The Benefits of Journal Prompts

Journal prompts benefit individuals who want to write in a journal but are uncertain of where to start and what to write about. They are also great for switching up your daily writing and adding something new to your journal. If you want to get creative and write something new, then journal prompts are definitely for you.

- Help guide you on what to write about.
- Facilitate self-reflection.
- Eliminates the guesswork from your writing.
- Boosts your confidence.
- Encourages new and creative journal entries.
- Can save you time.



“YOU CAN MAKE ANYTHING BY WRITING.” - C.S. LEWIS

# Paper or Digital Journalling?

## WHICH ONE DO I CHOOSE?

Both digital and paper journalling come with their own unique set of benefits and drawbacks. Digital journalling is more portable, searchable, and accessible, while paper journaling offers a more tangible and focused writing experience. The best option for you depends on your individual preferences and journalling goals.

## DIGITAL JOURNALLING

A digital journal is the electronic equivalent of a traditional paper journal, using digital devices like smartphones, tablets, or computers to record thoughts, reflections, and experiences. It allows users to capture their ideas in a flexible and enhanced format, often incorporating features like multimedia, cloud backups, and AI-driven insights.

### Examples of Digital Journals:

- **Personal diaries:** To record your thoughts and experiences.
- **Bullet journals:** For planning and organizing your life.
- **Creative notebooks:** To store ideas, inspiration, and art.
- **Academic journals:** For note-taking and research.

## DIGITAL JOURNALLING

### Examples of Digital Journal Formats

- Note-taking apps (e.g. Notion) can create dedicated sections or notebooks for journal entries.
- Dedicated journalling apps (e.g. Day One Journal) are specifically designed for journalling and offer features like daily prompts, multimedia integration, and cloud syncing.
- Digital bullet journals (e.g. GoodNotes) allow for creative and customisable journalling experiences with features like digital stickers, templates, and multimedia.



“WRITING, TO ME, IS SIMPLY THINKING THROUGH MY FINGERS.”  
- ISAAC ASIMOV

# Paper or Digital Journalling?

## BENEFITS OF DIGITAL JOURNALLING

Digital journalling offers several advantages over traditional pen and paper, including enhanced accessibility, multimedia integration, ease of editing, and searchability. It also provides convenience, organisation, and the ability to easily backup and restore entries, making it a robust tool for personal reflection.

### Accessibility and Convenience

- **Always on hand:** Digital journals are readily accessible on your smartphone, tablet, or computer, eliminating the need to carry a physical notebook.
- **Cloud storage:** Many digital journalling apps offer cloud storage, ensuring your entries are available on multiple devices and accessible from anywhere.

### Multimedia Integration

- **Rich content:** Digital journals allow you to incorporate photos, voice notes, and other multimedia elements into your entries, creating a more dynamic and engaging journalling experience.
- **Visual journalling:** Images and other multimedia can be used to visually capture moments and ideas, enriching your journalling practice.

### Ease of Use and Integration

- **Effortless editing:** Digital journalling allows for easy editing and rearranging of entries, correcting mistakes and refining your thoughts.
- **Searchability:** Keyword searches make it easy to find specific entries or themes within your journal.
- **Built-in features:** Many digital journals offer features like mood tracking, habit tracking, and prompts to facilitate structured reflection and self-improvement.

### Other Benefits

- **Backup and restoration:** Digital journals are easy to back up and restore, minimising the risk of losing your entries.
- **Enhanced privacy:** Digital journals can offer increased privacy and security with password protection and encryption.
- **Potential for AI insights:** Some digital journalling apps incorporate AI to provide personalised guidance and reflections on your entries.
- **Anonymity:** The anonymity of digital journalling can encourage individuals to express their emotions more openly.
- **Environmental Benefits:** Digital journaling reduces the need for paper, contributing to a more sustainable practice.
- **Cost Savings:** Avoid the ongoing expense of buying notebooks and pens.

“MOST WRITERS WRITE TO SAY SOMETHING ABOUT OTHER PEOPLE - AND IT DOESN'T LAST. GOOD WRITERS WRITE TO FIND OUT ABOUT THEMSELVES - AND IT LASTS FOREVER.”  
- GLORIA STEINEM

# Paper or Digital Journalling?

## DRAWBACKS OF DIGITAL JOURNALLING

Digital journalling offers convenience and organisation, but also presents challenges like potential distractions, the cost of software and devices, and a lack of the tactile and emotional connection of traditional journalling.

Additionally, data loss due to forgotten backups or software failures can be a serious drawback.

**Distractions:** Digital devices can be a source of distractions, leading to time wasted on social media or emails instead of focused journalling.

**Cost:** Digital journalling requires a device (computer, tablet, etc.) and often a subscription fee for journalling apps, which can be an ongoing expense.

**Data Loss:** Losing digital journal entries due to forgotten backups, app crashes, or hardware failures can be a significant concern, especially if entries are not regularly backed up.

### **Lack of Tactile and Emotional Connection:**

Many find the physical act of writing, the texture of paper, and the permanence of ink to be more emotionally satisfying than typing on a screen.

**Linear Thinking:** Keyboarding can encourage a linear, rather than associative or creative, way of thinking.

**Battery Dependency:** Digital journalling requires a device with a charged battery, which can be a limitation if you're journalling on the go.

**Learning Curve:** Some digital journalling apps have a learning curve, especially for those less tech-savvy.

**Software Limitations and Bugs:** Digital journalling software may have limitations, bugs, or inflexibility, making it frustrating for some users.



“THE TRUE ALCHEMISTS DO NOT CHANGE LEAD INTO GOLD. THEY CHANGE THE WORLD INTO WORDS.”  
- WILLIAM H. GASS

# Paper or Digital Journalling?

## BENEFITS OF PAPER JOURNALLING

Paper journalling offers several benefits, including improved memory, reduced stress, enhanced mental clarity, and a boost in self-awareness and creativity. The physical act of writing can be more calming and conducive to deeper reflection than typing. It can also be a valuable tool for processing emotions, tracking progress, and achieving goals.

**Improved Memory and Learning:** Writing by hand can aid in memory retention and comprehension compared to typing.

**Stress and Anxiety Reduction:** The act of writing down thoughts and feelings can be therapeutic, helping to release tension and promote calm.

**Enhanced Mental Clarity and Focus:** Journalling can help declutter the mind, leading to better thinking and focus on important tasks.

**Emotional Progress and Regulation:** Paper journalling provides a space to explore and process emotions, leading to greater self-awareness and emotional regulation.

**Self-Reflection and Personal Growth:** Regular journalling encourages introspection, allowing individuals to reflect on their experiences, values, and goals.

**Boosted Creativity:** The freedom of pen and paper can inspire creative expression and idea generation.

**Goal Setting and Tracking:** Journalling can be used to document goals, track progress, and stay motivated.

**Improved Writing Skills:** Regular practice of journalling can enhance writing abilities and vocabulary.

**Enhanced Mindfulness:** Engaging in the physical act of writing can promote a state of mindfulness and present moment awareness.

**Long-Term Record Keeping:** Paper journals offer a tangible record of personal experiences, thoughts, and memories, which can be revisited and reflected upon over time.



“I AM NOT AT ALL IN A HUMOUR FOR WRITING; I MUST WRITE ON UNTIL I AM.” - JANE AUSTEN

# Paper or Digital Journalling?

## DRAWBACKS OF PAPER JOURNALLING

Paper journalling can be less convenient and potentially less secure than digital journalling. It's harder to edit and correct mistakes, and physical journals can easily be lost or damaged, potentially leading to the loss of valuable entries. Furthermore, privacy is less secure with paper journals as they can be found and read by others.

**Difficulty Editing and Correcting:** Making changes or correcting errors in a paper journal can be messy and time-consuming, often requiring crossing out, erasing, or using correction fluid.

**Loss or Damage:** Physical journals can be lost, stolen, or damaged, potentially leading to the loss of valuable entries.

**Privacy Concerns:** Paper journals are easily accessible and can be read by anyone who finds them.

**Lack of Portability and Accessibility:** Carrying a physical journal everywhere can be impractical, and it's less convenient than accessing a digital journal on a phone or computer.

**Storage Issues:** Paper journals can take up a lot of space and require dedicated storage solutions.



“SOMETIMES ONLY PAPER WILL LISTEN TO YOU.”

# How to Do the Daily Check-In

## HERE'S HOW IT WORKS...

To change your life, you have to take responsibility for it. This means you have to actively do something!

1. Allocate some time in your calendar for scheduling out a journaling session and set a reminder - even just five minutes will do!
2. Grab a notebook and your favorite pen, pencils, markers, highlighters, crayons, paints - whatever floats your boat! Alternatively, open a new document or file on your phone, computer, or tablet.
3. Find a space you won't be disturbed - somewhere you feel safe and relaxed.
4. Make it ritualistic: for example, light a candle, put on some ambient music (or not, if you prefer), make a cup of your favorite tea, wear your coziest bunny slippers - anything goes!
5. Sit down and start writing! You don't have to fill everything out in order - begin with the sections that speak to you.
6. If you experience a strong emotional response, try and sit with it. Hold the space. Inhale and exhale rhythmically. Say a few soothing affirmations to calm you if necessary. Give yourself a hug.
7. Come back the next day and review your responses. See if you want to add anything. It's up to you whether you want to save your entries or discard them.



“DON’T BE A WRITER. BE WRITING.” - WILLIAM FAULKNER

# How to Do the Daily Check-In

## TIPS TO GET YOU STARTED

**Determine your “why”.** You will only stick to practising a new habit if you are making a value-based decision to engage in it. Thus, take some time to think about WHY you want to journal before embarking on your first Daily Check-In.

Ask yourself:

1. What am I hoping to get out of journalling?
2. How much time can I realistically set aside each day?
3. What type of journalling will I enjoy the most? (Brain Dump, bullet journalling, guided journalling, letter journalling, etc.)

The more clarity you have around the WHY, the more you will be able to prioritise what matters to you and make and act on decisions that align with your goals.

**Create a new habit by journalling daily.** Set aside some time every day (any time that works for you!) and just write. As with any new habit, being consistent is essential. Use the set of journal prompts provided and jot down a couple of sentences to start. It doesn’t have to be long and drawn out.



“WE ARE WRITERS MY LOVE. WE DON’T CRY.  
WE BLEED ON PAPER.” - AY

# How to Do the Daily Check-In

## TIPS TO GET YOU STARTED

**Choose the place and time.** You want to journal in a space that makes you feel safe and comfortable. For some people, that may be in bed with a candle and soft music. For others, it may be in their home office with a cup of tea and the cat on their lap. Or maybe you want to sit outside in the sun, surrounded by the sounds of birds chirping. Many clients of mine make an outing from it and visit their favourite coffee shop. Personalise your journalling practice to suit you and your needs. Wherever it is, make sure that you won’t be disturbed or feel constrained.

**Use the same set of journal prompts.** Routine questions can be useful if you’re trying to maintain your goals and require accountability. For example, suppose you’re monitoring your mental health habits. In that case, routine questions can function as a checklist to guarantee that you’re on the right track and implementing the right practices without missing anything. Answering the same set of questions every day can help you track your progress and growth over time. Using the same set of questions every day also makes the whole practice of the Daily Check-In that much easier.



“YOU OWN EVERYTHING THAT HAPPENED TO YOU. TELL YOUR STORIES. IF PEOPLE WANTED YOU TO WRITE WARMLY ABOUT THEM, THEY SHOULD’VE BEHAVED BETTER.” - ANNE LAMOTT

# How to Do the Daily Check-In

## TIPS TO GET YOU STARTED

**Be intentional with your journal prompts.** The journal prompts provided in this workbook are intentional and to the point. However, if you choose to create your own or utilise others you have found, ensure they make sense for your purposes. Keep it simple and on task!

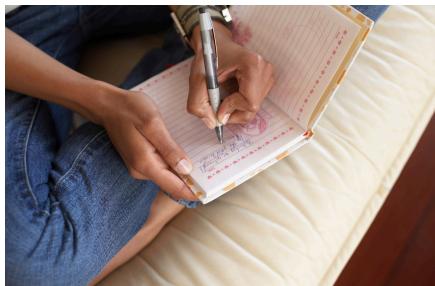
If you so desire, you can also mix up your questions every day. For example, maybe one week you want to focus on self-care, and then the next week you want to live more aligned with your purpose and core values. Modify your journalling practice to work for you.

Many people worry that they are journalling incorrectly or don’t know what to write about, especially when they first start out. However, there is no right or wrong way to journal. You can utilise the journal prompts provided in this workbook or write about whatever comes to mind. See what feels comfortable and what the barriers to your journalling experience are.

Set a timer or keep writing until you feel like you have gotten everything out of your system.

*Learn the rules like a pro, so  
you can break them like an  
artist*

PABLO PICASSO



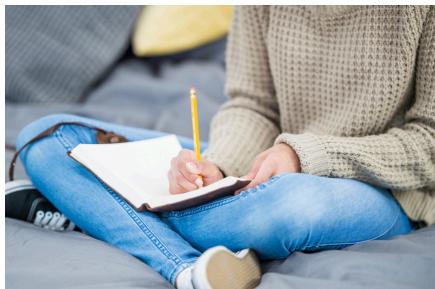
“THE ROLE OF A WRITER IS NOT TO SAY WHAT WE ALL CAN SAY, BUT WHAT WE ARE UNABLE TO SAY.” - ANAIS NIN

# How to Do the Daily Check-In

## TIPS TO GET YOU STARTED

### Use your diary/calendar/planner as a guide.

Whatever planning system you use (hopefully) captures everything that you do, day in and day out. It's also a breakdown of your habits, long-term goals, and plans. Therefore, you can have it on hand to help you properly assess your life and determine if your current actions are in lockstep with your desired destination.



**Build it into your day.** Schedule this check-in into your daily routine. Block time out for this practice in your calendar. Set an alarm to remind you when it's time to start – and, if necessary, when it's time to finish. This will help ensure you get to it. You can also write a reminder on a Post-It and stick it up somewhere you'll see it.

If you are new to journaling, it's easy to forget about regularly engaging in this practice. Intentionally allocate some time to do the Daily Check-In ahead of time. Think of journaling as a solo date with yourself.

Do not overcomplicate it. You can reserve ten minutes or an hour to do the Daily Check-In. What matters is to do it regularly and consistently.



“I WRITE ENTIRELY TO FIND OUT WHAT I’M THINKING, WHAT I’M LOOKING AT, WHAT I SEE AND WHAT IT MEANS. WHAT I WANT AND WHAT I FEAR.” - JOAN DIDION

# How to Do the Daily Check-In

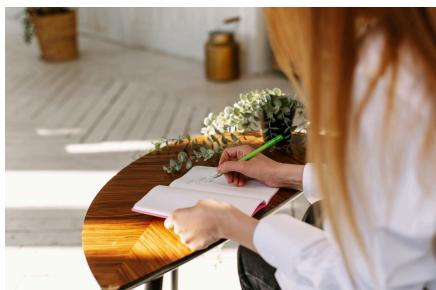
## TIPS TO GET YOU STARTED

**Keep everything in one place.** I recommend getting a suitable notebook that can fit in your bag so you can take it with you on the go. Alternatively, create a folder on your phone or computer, or use an app with cloud storage. This way, you can keep your reflections and planning at hand whenever you need to refer to them. You will have a convenient spot to review the journal prompts, your thoughts, feelings, goals, and intentions, along with the tasks. You don't want to lose everything and need to spend time finding and collating it from scratch.

**Adjust your journaling practice to your needs and situation.** How you decide to use the journal prompts provided in this guide is ultimately up to you!

It's your choice whether you'd prefer to sit down and answer every question all at once or switch it up by answering a different question every day. Make it work for you!

*If you want to change the world, pick up your pen and write.*  
MARTIN LUTHER



“THE GREATEST SECRETS ARE ALWAYS HIDDEN IN THE MOST UNLIKELY PLACES.” - ROALD DAHL

# How to Do the Daily Check-In

## TIPS TO GET YOU STARTED

Whether you're a journalling beginner or an expert, you need to **let go of judgements**. There's no right or wrong way to journal, but it does require a judgement-free zone and self-compassion. So, leave your inner critic and perfectionist at the door!

Don't worry about the state of your handwriting, grammer, or spelling. You're writing for yourself - no one else. The moment you become scared of someone else reading your journal or give into self-criticism, you will censor yourself, losing the very honesty and authenticity that journalling requires.

**Keep your expectations realistic.** Journalling is a habit that requires baby steps. The more you practice, the more effortless and smoother it will become. When you first start, don't expect to create pages upon pages of sagacious insights! You won't always feel inspired and motivated to write.

*There is no greater agony  
than bearing an untold story  
inside you.*   MAYA ANGELOU



THIS ONLY WORKS IF YOU DO!

# How to Use This Workbook

## WHEN YOU DON'T HAVE TIME TO SIT DOWN AND JOURNAL...

Life happens. Sometimes, the hustle and bustle of surviving can interfere with the practices that nourish our soul. However, if you don't have the time to write, here's some other ways you can utilise these journal prompts:

**Have a conversation with yourself:** Whether you're in the shower, doing the dishes, taking a taxi, or feeding the cat, you can talk to yourself - silently or out loud.

**Use these prompts as talking points in your next counselling/life coaching/therapy session:** Is there a specific prompt that triggers a strong response in you? It can be very impactful to explore this with a neutral and empathic professional.

**Discuss these prompts with someone you trust and can open up to:** Start a discussion with a friend, partner, colleague, or family member. Confide your thoughts and feelings to them, and give them an opportunity to do the same.

See? There is really no excuse for you not to benefit from using these journal prompts!

*the best way to predict  
the future is to create it.*

ABRAHAM LINCOLN



“FILL YOUR PAPER WITH THE BREATHINGS OF YOUR HEART.” - WILLIAM WORDSWORTH

# Journal Prompts for the Daily Check-In



Use these journal prompts to help you reflect, reconnect, and reset on a daily basis. Calm and clear your mind to soothe your soul and settle down your body. Let go of what's weighing you down and consciously decide what to hold on to. Release frustration and embrace optimism.

The journal prompts for the daily check-in are divided in two parts:

## THE MORNING CHECK-IN

Start your day intentionally by designing your energy and planning your actions. Link your daily choices to realising your dreams. Determine your focus for the day. Prepare for any obstacles. Connect to your feelings. Cultivate positivity and invoke your higher-level self. Set boundaries. Prioritise self-care and self-love. Manifest with a powerful affirmation.



## THE EVENING CHECK-IN

End your day mindfully by reflecting on the day you just had and reviewing its vibes. Make the most of the past 24 hours' experiences to propel you closer towards the life you want. List achievements and lessons. Be proactive rather than reactive. Tune into your emotions. Release negativity. Practice compassion towards yourself. Honour your being. Cultivate gratitude. Find the magic in everyday moments.

*You may not write well every day, but you can always edit a bad page. You can't edit a blank page.*

JODI PICOULT

“START WRITING, NO MATTER WHAT. THE WATER DOES NOT FLOW UNTIL THE FAUCET IS TURNED ON.”  
- LOUIS L'AMOUR

# Journal Prompts for the Morning Check-In



WHAT IS MY INTENTION/FOCUS FOR TODAY?

HOW DO I WANT TO FEEL TODAY?

WHAT AM I DREADING TODAY?

WHAT AM I EXCITED FOR TODAY?

WHAT OBSTACLES AM I LIKELY TO FACE TODAY?

WHAT WOULD I DO IF I KNEW I COULDN'T FAIL TODAY?

HOW WILL I ACHIEVE MY GOALS TODAY?

WHAT CAN I DO TO MAKE TODAY GREAT?

WHAT BOUNDARIES CAN I SET TODAY?

WHAT CAN I DO TO PRACTICE SELF-LOVE TODAY?

HOW DO I WANT TO PRACTICE SELF-CARE TODAY?

WHAT IS MY POSITIVE AFFIRMATION FOR TODAY?



*To write well, express yourself like the common man,  
but think like a wise man*

ARISTOTLE

“I CAN SHAKE OFF EVERYTHING AS I WRITE; MY SORROWS DISAPPEAR, MY COURAGE IS REBORN.” - ANNE FRANK

# Journal Prompts for the Evening Check-In



WHAT WORD WOULD I USE TO DESCRIBE TODAY?

WHAT WAS THE HARDEST PART OF TODAY?

WHAT DID I ACHIEVE TODAY?

WHAT DID I LEARN TODAY?

WHAT DID I DO TO REALISE MY DREAMS TODAY?

WHAT DO I WANT TO DO DIFFERENTLY  
TOMORROW?

HOW AM I FEELING TODAY?

WHAT DO I NEED TO LET GO OF AFTER TODAY?

WHAT DO I NEED TO HEAR TODAY?

HOW WAS I TRUE TO MYSELF TODAY?

WHAT CASUAL MAGIC DID I FIND TODAY?

WHAT/WHO AM I GRATEFUL FOR TODAY?



*Either write something worth reading or do  
something worth writing.*

BENJAMIN FRANKLIN

“IF YOU DON’T SEE THE BOOK YOU WANT ON THE SHELF, WRITE IT.” - BEVERLY CLEARY

# What's Next?

## NEED COUNSELLING?

Send me an email at [thebloomingpractice@gmail.com](mailto:thebloomingpractice@gmail.com) or a WhatsApp message at +27 71 342 9810 to book a FREE 15-minute introductory session.



## WANT MORE?

Check out my latest blog posts at [www.thebloomingpractice.com](http://www.thebloomingpractice.com) and subscribe to be notified when I upload new content and resources.

Follow me on social media:

- Instagram: <https://www.instagram.com/thebloomingpractice>
- Facebook: <https://www.facebook.com/thebloomingpractice>
- TikTok: <https://www.tiktok.com/@thebloomingpractice>
- Pinterest: <https://za.pinterest.com/TheBloomingPractice>
- YouTube: <https://www.youtube.com/@thebloomingpractice>
- LinkedIn: <https://www.linkedin.com/in/marelize-krieg/>

