Keeping a Worry Journal

As you move through the rest of this course, it will be incredibly useful to keep a record of your progress. Sometimes, it does feel as though you are standing still or even moving backwards – but a regularly updated journal can remind you just how far you've come and inspire you to keep going.

A worry journal allows you to see patterns that may have been hidden otherwise. When you understand your larger cycles and rhythms, you get to understand your mind in a much deeper, more nuanced way.

What to Write in Your Worry Journal?

It's up to you! But here are some ideas you might like to try:

- Start every day with a brief write up of how you're feeling and how you plan to tackle the challenges of the day ahead.
- Literally put all your worries down on paper. It's amazing how simply writing something down can subtly change your perspective on it.
- For a few days, closely monitor your stress levels. Set an alarm on your phone and when it goes off, take a moment to rate your worry levels on a scale of 1 to 10. Over a few days, you'll start to notice interesting patterns emerging. How far you've come and inspire you to keep going.
- Keep a log of your daily, weekly and monthly goals. Writing down your intentions can further cement them in your mind.