



Self-Inventory

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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.



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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.

- Keep a log of your daily, weekly and monthly goals. Writing down your intentions can further cement them in your mind.

When to Write

When it comes to journaling, it's best to be regular and consistent.

After a few weeks, go back to your first few entries – you'll be surprised at how much has changed!

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