



Confused or Worried?

Need help knowing what to write in your journal when life is a bit much? Flip through these prompts and choose a few. Then follow the writing where it leads you.

So many of us start journaling to simply get a handle on life. The page is a safe place to work it all out. Stick with it; it's worth it!

And if you need any specific help (supplies, pens, journal brands, etc) shoot me a question. Let's talk about it.

Mandy



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Try these prompts!

- Brainstorm all the options you have in whatever you're facing. Sometimes, we just need to ask ourselves what's possible, in order to gain clarity on what to do.
- List out all the questions you have about a circumstance, and jot down any immediate answers that come to mind. Then take some time to gather further information, and gain more clarity on the issue.
- What do you know to be true? Write out the objective facts of the situation. Then work to fill in any identifiable blanks for further understanding.
- What are your main goals or values surrounding this issue. How can you bring your options into alignment with these priorities?
- Spend some time imagining possible outcomes, based on the choices before you. Knowing the results can help you make a solid decision about how to act.
- Write out all the things you're carrying about this topic. Sometimes clarity comes just by getting it all on paper.
- Do you need more info? Time to think through options? Spend some time identifying areas of uncertainty, and make a plan to address these.
- Outline what aspects of a circumstance are under your control. This will give you a sense of what you can do and what you may need help on.
- Our minds can get stuck on worst-case scenarios, but it helps to also consider positive outcomes! Gain a little perspective by brainstorming all the good that might come from a situation.
- Write out all your questions about an issue, then spend some time gathering information. Understanding brings clarity.
- Who can help? Sometimes we just need others carrying a load with us. Write a list of your support people and reach out to them.

For more Inspiration!

Analogue: A Field Guide for the Soul

Analogue is Mandy's bi-monthly publication that brings together self-care and soul-care through journaling. If you are:

- looking for ways to live both plugged in and pulled back from the digital age
 - craving moments that connect with your soul, while staying engaged in the practical
- ...then Analogue is for you!

Learn more: mandythompson.com/analogue

SoulSpace Newsletter

For those who:

- want to find a soul-care routine that works with your personality
- need a way to process (and capture) your own spiritual journey

Get into: mandythompson.com/soulspace

Stay in touch with Mandy here!

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Let's stay
in touch!

~Mandy