


Journaling Aide-Mémoire

Print this template out to use as a guide when you write in your journal.

- For information about Journaling, visit www.mindtools.com/journaling.





Journaling for Professional Development

What to Journal About:

- What has happened since your last entry?
- What events do you want to think about?
- What have you learned about?
- What small or quick wins have you had?
- What progress have you made on major goals?
- What 3-5 good things have happened?
- What are you grateful for?
- How are you feeling right now?

Tips:

- Just let the words flow.
- Be honest.
- Use Cognitive Restructuring to challenge unhappy thoughts (see www.mindtools.com/cognitive).
- Focus on the positives as well as the negatives.

For more on journaling for professional development, go to:
www.mindtools.com/journaling.