



Firefly Counseling NC

Community, Creativity, Education, Empowerment

While journaling has been proven to have so many benefits for mental health, it can be a challenge to just sit and write! If wanting to get into the habit, bullet journaling is a great way to start.

Bullet journaling one to two hours before bed (to prevent increased tension or ruminating) can help the mind let go of things, decrease ruminating, and calling back information we are afraid of forgetting.

Below is one format to help with this. Try this format daily in your favorite notebook or with the below worksheets.

	Bullet Journaling
Stressors	List of any challenges, worries, or stressful occurrences, thoughts, or feelings during the day.
Positive Evidence	This list can include gratitude, noticing something that makes you smile, an accomplishment such as brushing our teeth or arriving on time, a kind memory, a surprise compliment, and more.
To Do	Anything that is a task to be remembered whether short term or long term.
Affirmations	Any soothing phrases to recite while managing intense thoughts and feelings. Phrases can be created by summarizing stressors with positive evidence. For example, "today I faced many challenges, and I found joy." "Today I managed a lot, and I choose to be calm."

Below are sample charts to use or can be colorfully created in your favorite journal.

By Cynthia E. McSwain, LCMHC: www.fireflycounselingnc.com

MONDAY

[illegible]

TUESDAY

[illegible]

WEDNESDAY

[illegible]

THURSDAY

[illegible]

FRIDAY

[illegible]

SATURDAY

[illegible]

SUNDAY

Stressors	Positive Evidence	To Do	Affirmations

By Cynthia E. McSwain, LCMHC: www.fireflycounselingnc.com