

One booklet, one person, one simple act:
all you need to change the world is right
here. Well nearly everything – you'll need to
find a pen.

In uncharted territory, we fall on our training
and instincts to survive. After a while, what
was uncharted becomes familiar. We learn
to make the most of what is available to us.

Yet how many of us truly know ourselves?
Using this journal can help to chart the
interior world, with all its unique colour and
variety, and to make what is unknown a
little more familiar.



Personal Wellbeing Journal



The Methodist Church
www.methodist.org.uk

Produced thanks to a grant from the
Methodist Forces Board.

Cover images licensed under the
Open Government Licence v3.0

First published in 2020 by the Methodist Forces
Board on behalf of the Methodist Church in
Britain, registered charity no 1132208.

© Trustees for Methodist Church Purposes 2020.
All rights reserved.

The Methodist Church



THIS JOURNAL HAS BEEN GIVEN TO YOU TO ENCOURAGE YOU TO PAUSE FOR A MOMENT AND THINK ABOUT YOUR LIFE AND YOUR CHOICES. IT'S AN OPPORTUNITY TO WRITE ABOUT HOW YOU ARE FEELING, WHAT AND WHO IS IMPORTANT TO YOU AND WHAT BRINGS YOU CONTENTMENT, PURPOSE, PEACE AND JOY.

- » **Try to write every day.** Journaling is like exercise, the longer you stick with it the greater the benefit. Finding just 10 minutes in your day can help you to build the habit.
- » **Make it easy.** Keep this journal and a pen close to hand, so that you can find them easily.*
- » **Write whatever feels right.** Your journal is your space to express yourself in your own way; there is no right or wrong. And don't worry about spelling mistakes or what anyone else might think.
- » **You don't have to share it.** Journaling creates valuable time for yourself and can bring some order to your thoughts. You may want to share your insights with the chaplain who gave you the journal, or with trusted friends and loved ones; but you don't have to.

*Or, if you prefer, you can request the digital version of this journal and store it on your mobile phone.

There's no great secret to journaling; we all start with the blank page and our own thoughts. However, the following prompts may be helpful to get you started:

- » Think about your personal values. Are you living by them?
- » What are your unique skills? Are you making the most of them?
- » What will you do when you next have time off?
- » What are you looking forward to?
- » Think about the last year. What have you learnt?
How have you grown?
- » What are you concerned about?
- » What is having an unhealthy impact on you?
- » Think about a time when you felt content.
What helped you feel that way?
- » What is your favourite memory?
- » Of the things you've achieved in life, what are you most proud of?
- » Have you ever experienced something you would call a miracle?
- » Which relationships in your life are most important to you?
- » Do you feel you have improved someone's life? If so, how?
- » What qualities do you look for in your friends?
What about in potential partners?
- » How do you feel about your current relationships with your friends?
And with your family?

THE SERENITY PRAYER

**God, grant me the serenity to
accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.**

Reinhold Niebuhr, included in *A Book of Prayers and Services for the Armed Forces, USA, 1944.*

DAY 5

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

DAY 6

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

“I lift up my eyes to the mountains – where does my help come from? My help comes from the LORD, the Maker of heaven and earth.” Psalm 121:1-2

(New International Version)

**Your smile is powerful;
like you, it is unique**

DAY 7

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

DAY 8

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

Invite others into your life

“‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” Jeremiah 29:11-12
(New International Version)

DAY 11

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

DAY 12

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

“The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.” Psalm 23:1-3

(New International Version)

There's always hope

DAY 21

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

DAY 22

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

**Above the clouds the
sun is always shining**

**You are seen and known
and loved for who you are**

DAY 23

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

DAY 24

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

“Guard your heart above all else, for it determines the course of your life.”

Proverbs 4:23

(New Living Translation)

Sometimes courage is the quiet voice at the end of the day saying, “I will try again tomorrow”

DAY 31

DAY/DATE

Things to be thankful for _____

What happened today and how do I feel about it? _____

Things I'm wondering about _____

FURTHER SUPPORT

If you're interested in journaling, try www.penzu.com

If your journaling has helped you to identify things that you would like to talk through with someone else, you are most welcome to get in touch with your chaplain. They will be happy to help.

For further support you can try:

Every Mind Matters: www.nhs.uk/oneyou/every-mind-matters/

Expert advice and practical tips for looking after mental health and wellbeing.

Combat Stress: www.combatstress.org.uk

Serving personnel and their families can call a 24-hour mental health helpline on 0800 138 1619.

Big White Wall: www.bigwhitewall.com

Anonymous online support for people experiencing anxiety, depression and other common mental health issues. Free for serving personnel.

Samaritans: www.samaritans.org

A free, 24-hour helpline, offering confidential support for people experiencing distress or despair. Call 116 123.

There is a further, comprehensive, list of support agencies at: www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

Accepting help is its own kind of strength

If you think you are in immediate danger, please contact the emergency services or your chaplain straight away.

