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.



ATHODIST FORCES BORRO

Serving the Ratal Navy, Army, Royal Air Forces

The Methodist Church www.methodist.org.uk

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

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Things to be thankful for
What happened today and how do I feel about it?
Things I'm wondering about

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DAY/DATE

Things to be	thankful fo	or			
What happer	ed today a	and how d	o I feel abo	ut it?	
Things I'm wo	ondering a	bout			

You are amazing

"Better to be ordinary and work for a living than act important and starve in the process." Proverbs 12:9

(The Message)

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Things to be thankful for	
What happened today and how do I feel about it?	
Things I'm wondering about	

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DAY/DATE

Things to be	thankful f	or			
What happe	ened today	and how o	lo I feel abo	out it?	
Things I'm v	vondering	about			

Love keeps desiring the best for others

Remember you're not perfect – yet

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Things to be thankful for					
What happened today and how do I feel about it?					
Things I'm wondering about					
Things I'm wondering about					

DAY 6

DAY/DATE

Things to be thankf	ul for			
What happened too	lay and how	do I feel abou	t it?	
Things I'm wonderi	ng 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

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Things to I	oe thankfu	l for			
What hap	pened toda	ay and how	do I feel a	bout it?	
Things I'm	wonderin	g about			

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Things to	be than	kful for				
What ha	ppened t	oday and	d how do	I feel abo	out it?	
Things I'	m wonde	ring abo	ut			

**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 9 DAY/DATE	DAY 10 DAY/DATE
Things to be thankful for	Things to be thankful for
What happened today and how do I feel about it?	What happened today and how do I feel about it?
Things I'm wondering about	Things I'm wondering about

Time is a currency you can learn to spend well

Sometimes life hurts; even when it hurts, keep going

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Things to be thankful for	Things to be thankful for
What happened today and how do I feel about it?	What happened today and how do I feel about it?
Things I'm wondering about	Things I'm wondering about

**DAY 12** 

DAY/DATE

"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

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Things to be thankful for	
What happened today and how do I feel about it?	
Things I'm wondering about	

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Things to	be thank	ful for			
What ha	opened to	day and ho	w do I feel a	about it?	
Things I'r	n wonderi	ng about _			

You are a blessing

"The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning." Lamentations 3:22-23

(New Living Translation)

DAY 15 DAY/DATE	DAY 16 DAY/DATE
Things to be thankful for	Things to be thankful for
What happened today and how do I feel about it?	What happened today and how do I feel about it?
Things I'm wondering about	Things I'm wondering about

Your best lies ahead of you

To see God at work, sometimes you have to look back

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Things t	o be tha	nkful for				
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Things I	'm wond	ering ab	out			

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What happened too	day and how	do I feel abou	t it?	
Things I'm wonderi	ng about			

Jesus said, "I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." John 14:27 (New Living Translation)



DAY 19	
Things to be than	

Things t	o be than	kful for				
What ha	appened to	oday and	how do	l feel abou	ut it?	
Things l'	'm wonde	ring abou	ıt			

**DAY 20** 

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Things to be	e thankful	for			
What happe	ened today	and how	do I feel ab	out it?	
Things I'm v	wondering	about			

*Kintsugi* – a Japanese art form that restores meaning to brokenness and has its own kind of beauty

The Apostle Paul: "I am convinced that nothing can ever separate us from God's love." Romans 8:38

(New Living Translation)

<b>DAY 21</b>	DA
Things to be than	nkful for
What happened	today and
Things I'm wonde	ering abo

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ngs to be than	kful for		
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Things I'	m wonderi	ing about				
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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

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Things to be thankful for	Things to be thankful for
What happened today and how do I feel about it?	What happened today and how do I feel about it?
Things I'm wondering about	Things I'm wondering about

**DAY 24** 

DAY/DATE

"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"

<b>DAY 25</b>
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Things to be thankful for
What happened today and how do I feel about it?
Things I'm wondering about
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Things to be	thankful f	or			
What happe	ened today	and how d	o I feel abou	t it?	
Things I'm v	vondering a	about			

Sometimes the bigger problem is how we think about the problem

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done." Philippians 4:6

(New Living Translation)

DAY 27 DAY/DATE	DAY 28 DAY/DATE			
Things to be thankful for	Things to be thankful for			
What happened today and how do I feel about it?	What happened today and how do I feel about it?			
Things I'm wondering about	Things I'm wondering about			

Today, try engaging your heart more and your head less

We all have bad days. Even on those days, try to find something to be thankful for

DAY 29	DAY/DATE
Things to be tha	nkful for
What happened	today and how do I feel about it?

<b>DAY 30</b>	DAY/DATE	
Things to be thank	cful for	
What happened to	oday and how do I feel	about it?
Things I'm wonder	ing about	

"Look up into the heavens. Who created all the stars? God brings them out like an army, one after another, calling each by its name. Because of God's great power and incomparable strength, not a single one of them is missing." Isaiah 40:26

(Adapted New Living Translation)



## **DAY 31**

DAY/DATE

## **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

33

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