



## THE BENEFITS OF JOURNALING

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Welcome, Brave One! As a part of our “Brave Where You Are” series, we encourage you to use these discussion questions with your group or on your own. We all have the ability to be BRAVE in some way, right where we are! Our hope is that this lesson empowers you to understand that you are valued, you are loved, you have a purpose, and that you can use these tools to help someone else! **We are cheering you on.**

**STEP 1:** Watch Tori Petersen’s “Benefits of Journaling” Video: <https://youtu.be/6Jx-HWI6Rn0>

**STEP 2:** Walk through the below discussion questions on your own or with your group.

1. Do you have any journaling practices now? If so what do they look like?
2. If you could add any of the journaling tips to your life that Tori mentioned which one would you add?
3. How has journaling helped you in the past and how do you think it could help you moving forward?
4. If you could write to your 5 year old self what would you say?
5. What emotions could you process in your journal from the past week?

**STEP 3:** Share with a friend! Everyone has someone they know who needs more tools and resources to navigate their every day challenges. Who can you share this lesson with today?

***For more online lessons and activities, go to [braveglobal.org/resources](http://braveglobal.org/resources)***