

DAILY PROMPTS AND IDEAS TO WRITE ABOUT

# 30 DAYS OF JOURNALING

A creative way to process YEAR 2020  
and *begin again*

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We all know too well that 2020 did not turn out as expected. The COVID 19 pandemic hit globally with a vengeance and the ripple effects have been far and wide.

Many individuals have faced significant challenges which include: the death of family members, financial insecurity, loss of basic needs, social isolation as well as a decrease in coping and overall health.

We all need a reset button right about now. A fresh start from a mental, physical, emotional and spiritual point of view. This will take some individual effort. It won't be natural for any of us to be hopeful because we are dealing with our innate negativity bias plus a rare and stressful situation. With some focused attention, there is a way to draw our minds to different aspects of the pandemic.



As 2020 comes to a close, maybe you are hoping to end on a different note. I know I am craving a fresh start and this was my reason for creating a 30 day journal. It is full of prompts, and ideas to help process the thoughts and feelings that have come up. It can also be a guide for what we want in the future, with or without the pandemic. You can write at any time of day and for any length of time, there are no rules. If you want to make journal writing a new habit, try making it part of your morning ritual. Have your hot beverage while you write.

Journaling is an excellent tool to improve your mental and emotional health. It helps you connect your body, thoughts and feelings and promotes self-awareness. Journaling can help you identify new goals as well as a plan for achieving them. Writing during the pandemic will also provide some documentation of this monumental event in the future.

You don't have to worry about doing it right, you can use any paper you have kicking around. A journal works as well. Engaging in this practice on a daily basis is helpful but not mandatory. Keep your pages in a safe place for the future.

Let go of being perfect - just get your point of view and creativity on the page. We can have a mental block about journaling because we have this belief that writing needs to be neat and perfect. Journaling can be a great practice to learn about letting go of perfectionism; it can help you relax in other areas of your life as well. It is amazing to see thoughts unfold on paper and a healthy way to process the pandemic and your true feelings. You will discover new things about yourself and you will have a record of this once in a lifetime experience. Supplies that could make it fun include pens, markers, coloured pencils, stickers or highlighters. Whatever promotes your creativity!

# 6 THEMES

1.

SCANNING MY WORLD

2.

MY DAILY HABITS

3.

EXPLORING SELF-COMPASSION

4.

GIVING AND RECEIVING SUPPORT

5.


MY PERSPECTIVE

6.

A FRESH START

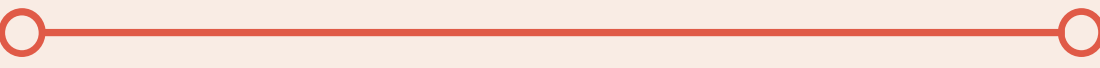
## SCANNING MY WORLD

**Day 1** . How are you doing?  
How have you been coping with COVID 19  
and the associated stress?



**Day 2** .What strategies have you been using to cope?  
Be aware of self-judgement;  
you are a human being going through a pandemic


*"By giving ourselves unconditional kindness and comfort while embracing the human experience, difficult as it is, we avoid destructive patterns of fear, negativity, and isolation."— Kristin Neff*



**Day 3.** Worry and fear are normal responses to the pandemic.  
Write down what you have been most  
worried and fearful about.

**Day 4.** Reflect about your point of view regarding the pandemic.  
Has it been very difficult for you and your loved ones?  
What has it been like?  
Do you feel hope for the future?

*"Once you choose hope, anything's possible" Christopher Reeve*



**Day 5.** What losses have you experienced?  
Did you lose a loved one during this time?  
What other losses have you experienced?  
Have you given yourself permission to grieve?

## MY DAILY HABITS

**Day 6.** Signs of stress show up in our body and mind.  
How have you been from a physical, mental, emotional and  
spiritual point of view?  
What has changed since the beginning of the pandemic?



**Day 7.** Put aside your judgement and write about:  
What habits have you developed during COVID?  
What impact have your habits had on your wellness?

**Day 8.** Have you been able to maintain a routine?  
Why or why not?

\*Offer yourself compassion if you  
have not had the energy to do much.

*"A real sign of progress is when we no longer punish ourselves  
for our imperfections" Yung Pueblo*




**Day 9.** What habits have you been happy about?  
And which ones may be causing extra stress?  
Write down your answers, be mindful of self-criticism.

**Day 10.** Make a list of things you would love to be  
doing for your personal health and wellness.  
All the things that make you feel good.  
What would you want moving forward?



## EXPLORING SELF-COMPASSION

**Day 11.** Have you been treating yourself with the same level of understanding as you would offer a friend right now?



**Day 12.** What happens if you make a mistake?  
Do you beat yourself up over it?  
Can you offer yourself forgiveness for not being perfect during the pandemic?

*"You may not control all the events that happen to you, but you can decide not to be reduced by them." Maya Angelou*

**Day 13.** Have you been extra critical and judgemental about your actions?  
Do you blame yourself for how you are coping?  
What can you do about that?



**Day 14.** Can you recognize when you are tapped out?  
Have you taken some time for you?  
Do you get the opportunity for self-care?

**Day 15.** Ask yourself: What do I need today?  
This is one of the most important questions we can ask ourselves.  
Take a deep breath,  
slow down and listen for the answer.



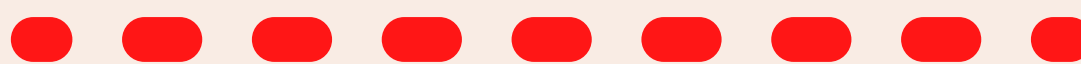
## GIVING AND RECEIVING SUPPORT

**Day 16.** Have you had capacity to support others during the pandemic?  
Have people supported you?  
Can you be okay with what you give right now?



**Day 17.** What or who have you been missing most?  
Write down how you feel about not being with your loved ones in the way that you are accustomed to.

**Day 18.** Do you need more support right now?  
Do you need to tell someone about how you are really doing?  
Could you use extra care right now?  
What kind of help is needed?



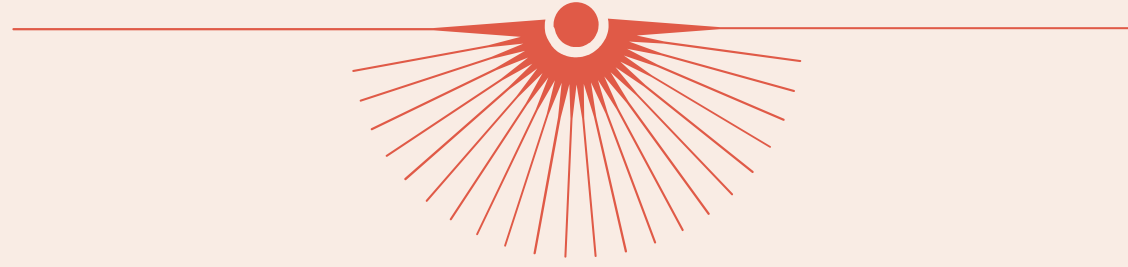
*"We don't heal in isolation but in community"*  
*S.Kelley Harrell*

**Day 19.** Have you felt connected with people, despite the situation?  
How have you dealt with telephone or online contact?  
Is it draining you?  
What will you appreciate when this is over?

**Day 20.** What have you learned about relationships because of the pandemic?  
Have you become closer with some and distanced from others?



## MY PERSPECTIVE



**Day 21.** What is your attitude regarding the pandemic?  
Have you been patient with the situation or discouraged?  
What positive aspects could you focus on?

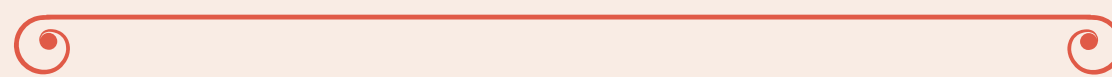
**Day 22.** What has been a surprising outcome?  
What has brought you joy despite the hardships?



**Day 23.** What are you grateful for?  
What unique experiences have you had  
because of the pandemic?

**Day 24.** What new thing have you discovered about yourself?  
Did you try a new hobby?  
What will you carry on after the pandemic is over?

**Day 25.** What do you want to remember about the pandemic?  
What attitude do you want to maintain?  
What has become more meaningful and important?  
Will you look back and be proud of yourself  
and your loved ones?



## A FRESH START

**Day 26.** Ask yourself:

What do I want to change moving forward?  
Do I feel I *need* to change or am I looking for  
more happiness and joy in my life?  
What would bring me joy?

**Day 27.** What new habit or routine are you hoping for?

What do you like to do with your free time?  
Do you wish to learn anything new?

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**Day 28.** Ask yourself:

How can I nourish my physical, mental, emotional and spiritual  
wellbeing on a regular basis?

**Day 29.** What new goal do you want to set for yourself?

What is realistic under these circumstances?  
How can you break the goal down into manageable steps?

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**Day 30.** What piece of advice do you need to hear  
right now to open new doors?

What daily mantra will help you remember  
how you want to live?

How do you want to look back on this time?

*"The amazing gift of being alive is that no matter what,  
we can always begin again" Sharon Salzberg*

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Hope you enjoyed the process of journaling. Keep your pages as a record of your thoughts and feeling during the COVID 19 pandemic. Use writing and reflection as a way to enhance self-awareness and stay true to yourself.

Best to you all,

*Jane*

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