

CU Educator Support Worksheets

Journal Prompts or Conversation Starters

*Journaling is like whispering to one's
self and listening at the same time*

~Mina Murray, Dracula

Don't forget:
***If you want to talk with someone about this worksheet, get other ideas,
or just share your thoughts give us a call or text:
Well-Being Support Line at 303-724-2500.***

Journaling is a method used in therapy that helps people to organize their thinking, share their feelings, and make plans for the future. There are several different methods for journaling including free writing (whatever comes to your mind); bullet journaling (focusing only on the main points); or topic based journaling (focusing writing on one specific area or question). *{Here is a site that can give you some ideas on how to organize a journal that works for you ([17 Personal Daily Journal Template Examples to Help You Start Journaling Today \(developgoodhabits.com\)](https://developgoodhabits.com).)}*

Journaling can be done in many different ways including writing, using artwork, speaking (podcast style), or even in conversation with a friend. It doesn't matter what method or style you use – it's the process of spending some time thinking that makes the difference.

Below are some prompts about happiness, well-being, and some of the other topics covered in this module if you'd like to do some journaling for yourself. You can also use these as conversation starters with friends, coworkers, or even your students.

Questions to Consider:

Happiness and Well-Being: How would I define happiness? If I were happier, what would be different? In what ways could my life use more balance?

Creativity and flow: When am I my best self? This could be a lesson you love to teach or interacting with a student. When do you feel most like yourself?

Prioritizing wellness: what gets in the way of caring for myself? What would be different if I took the time to do things important to me (at the expense of others?)

Purpose and Meaning: Do I feel like I get meaning from my work? How so? How would I be different if I worked someplace else? What are the other things in my life that provide a sense of purpose and meaning?

Starting Over: How will this year be different? What am I most looking forward to doing? What might I miss? What is something that worked well that I might like to keep doing? What am I excited to never have to do again? What do I most need to do to remind myself this year is new and different?

Fun: When was the last time you had fun? What did you do? Where on your priority list is fun? Do you find time to play in your life? In what ways might you want to take yourself less seriously? When was the last time you laughed? What is one adventure or fun thing you have always wanted to try? What has stopped you from doing it?

Relationships: Where are your relationships the strongest? Where do you have a lot of support? In what areas do you feel a gap or something is missing? (i.e, loving family, but no good friends)? Are you expecting too much (or too little) from your relationships? How do you view your relationships – as a benefit or a burden? How might you shift this?