

# Visual journaling



- Visual journaling is a process of reflection.
- Visual journaling can help individuals bypass the defense mechanisms of their consciousness and tap into thoughts, feelings, and emotions within the subconscious.
- This process of reflection can start with a prompt that helps the individual explore different ideas, emotions, and experiences.
- Try this: Get calm, set an intention (i.e., to explore your personal strength for example), open a book and randomly point to a word on the page without looking. Use this word as a prompt (i.e., word of action, starting point) at the top of your page.
- Free write: For five minutes, with calming music of your choice, write down what immediately comes to mind without thinking, without concern for sentence structure, spelling, punctuation, or penmanship.
- Interpret your writing: Out loud, interpret what your writing means to you. Is there guidance, motivation, praise, or reassurance in your writing?