



Inner+Outer Journaling

TIPS & PROMPTS

My best tips for a journaling practice are:

Make it easy • Do it everyday • Take a moment to relax



Find a moment of calm...Let yourself relax...

Breath...Tune in...Be aware of your surroundings...Your body in space...

Let your breath calm and nourish you...If you're feeling stress, let it go...

If you're feeling worried, let it go...If you're feeling sad, let it go...Just

breathe it out...

Write about anything

.....like how you're feeling or what you've done today. Write or sketch. As many pages--or as few--as you like. Don't make it a chore. Don't get bored. Doesn't need to make sense or be complete. Word salad and/or doodles--fine! Some of my favorite prompts start on the next page. You can use these prompts everyday, forever.....

Weather Report: How is my weather today? Inside? Outside?

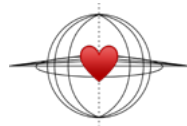
What did I notice today?

What's on my mind?

What do I catch myself thinking about without realizing it?

What conversation am I replaying?

How are my memories interweaving with my activities?



Mary

Brought to you by the Mythos-Sphere

Mythos-Sphere is my business where we make things together. Courses and projects are structured around archetypal and mythic themes. Journaling is at the core of it all. Check the website for more!

Dr. Lounsbury is a mythologist, artist, and educator. Drawing from her extensive research in multi-cultural mythological traditions, she uses expressive arts and story for intuitive awareness and group cohesion.