

Journaling Ritual

Consider your intention
for journaling and set the mood.



Choose a dedicated space.
Bonus if your pet wants to join you!



Consider a view that speaks to you



Mood lighting



A journal or notebook and a favorite pen



A favorite beverage, like a cozy tea



Calming music, like lofi or
instrumental

Prompt

Where could I soften the edges of my day and bring in more
comfort or magic?

Try listing areas you're feeling resistance, burnout, or stagnation.

A Gentle Next Step

If this journaling ritual resonated with you, you are already practicing something meaningful. Rituals are not about doing more or doing things perfectly. They are about slowing down, bringing intention to your inner world, and choosing care for yourself in small, sustainable ways.

If anxiety, self doubt, or overthinking are familiar companions, a gentle and consistent ritual can help you build a deeper relationship with yourself over time. This prompt is meant to be a starting point, a small moment of presence and self awareness.

My Anxiety, My Friend journal was created to support this process through reflective prompts, grounding practices, and compassionate inner dialogue. It is simply an invitation to spend more intentional time with yourself, at your own pace, in a way that feels supportive rather than demanding.

Ready to deepen your inner relationship?
[Start here.](#)