

Journaling Toolkit

A Prayerful Approach to Fostering Peace, Contentment, and Growth

There is no magical journaling formula, but I have found through experience that a template focuses my thoughts and reminds me of what matters. Knowing what to write, when to write, and how much time to set aside for journaling has helped me maintain consistency in writing while also helping me cultivate the positive effects of a quieter mind, a thankful heart, and a planned tomorrow.

The template on the following pages gives us a framework for *what* to write. To decide *when* to write, think about the time of day when your thoughts are abuzz and in need of settling. For me, that time is in the evening. At the end of the day I have hours of media intake, conversations, and decisions to process. Pick a time of day that suits your schedule and the way your mind works. I would suggest you begin by setting aside ten minutes to fill out the journaling pages. Some days you may linger longer over your words, and other days may require less time. There is no right or wrong in the time you take to journal.

Use this template as a suggestion. Remove sections that don't serve you. Don't feel pressure to fill in each section every time you journal. It's a guideline, not a requirement for a successful journaling life. Above all, I'd encourage you to pray as you write and reflect on your days. God is the giver of peace, the source of contentment, and the object of our gratitude. Journaling, by itself, cannot take His place.

On the following pages, you will find journaling pages with space for you to write. You can print multiple copies of the template, fill them out, and store them in a binder. There is also a card with the journaling framework outlined. This is meant to be printed and tucked or taped into your favorite journal as a resource and reminder to guide your journaling practice.



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If you haven't already, you may want to read through the full explanation of each of the template sections. Some of them are self-explanatory, but I find it helpful to know the reason why each of these sections is included and how they are crafted to benefit me in my journaling practice. You can read the full descriptions [on my website here](#).

I'd love to hear how this guide helps you in your journaling practice, how you modify it to suit your needs, and what other types of journaling or writing resources you would enjoy. Connect with me through the following links and let me know!

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A Prayer to Begin

Heavenly Father,

Still my mind as I enter your presence and seek your face. As I write, call to mind the ways in which you are working. Remind me of your faithfulness. Open my eyes to see your provision. Use this time of journaling to help me see my life as You do. Thank you, God, that you hear my prayer and know every word I write.

In Jesus's name,

Amen.



Let us examine our ways and test them, and let us return to the Lord.

LAMENTATIONS 3:40

What's On Your Mind?

Date:

Wins

What Could I Improve?

Let us examine our ways and test them, and let us return to the Lord.

LAMENTATIONS 3:40

Where Did I See God at Work?

Gratitude

1.

2.

3.

Top Three Tasks

Journaling Template

A Prayerful Approach to Fostering
Peace, Contentment, and Growth

1. What's on your mind?
2. Wins
3. What could I improve?
4. Where did I see God at work?
5. Gratitude
6. Top three tasks

*Let us examine our
ways and test them,
and let us return to
the Lord.*

LAMENTATIONS 3:40