

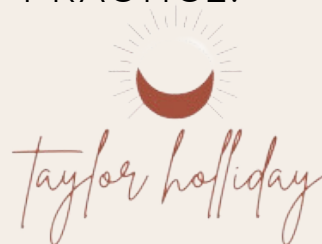


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# JOURNEY INTO JOURNALING 5 DAY CHALLENGE

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IN THIS WORKBOOK, WE'LL GO OVER THE BASICS  
OF BUILDING A CONSISTENT JOURNALING  
PRACTICE.





# Welcome

Hello! My name is Taylor Holliday and I am so excited to start this 5-Day journaling challenge with you. Journaling has been such a beautiful and transformational practice for me, and I am so grateful to get to share some of my favorite journaling tips and prompts.

Each day I will invite you listen to a short guided meditation and provide you with a journaling prompt that will support you in discovering who you are and what you need to live an aligned and authentic life. My hope is that this challenge supports you in giving yourself the love, grace, and compassion that you deserve.

# Getting Started

Welcome to the Journey Into Journaling 5 Day Challenge!

This challenge is for anyone looking to begin, return to, or deepen their journaling practice. In our challenge, you will begin a mindful journaling practice that will help you to experience 5 benefits of journaling: self-discovery, letting go of what no longer serves you, self-compassion, acceptance, and gratitude.

To get the most out of the challenge, I invite you to do the following:

1. Choose a time that you will journal for the next five days. This will help you to be more consistent in your practice. Try to pick a time that allows you to write without feeling rushed or distracted.
2. Set a timer to remind you to journal each day.
3. Create a calm and peaceful vibe for your journaling sessions. Choose a quiet place where you won't be disturbed. Light a candle, burn incense, or diffuse essential oils. Play soothing music.
4. Before you journal, take a few minutes to meditate to become grounded and connect with yourself. Listen to my Pause For Peace Meditation [here](#) on the Insight Timer app.
5. After meditating, take some time to use the journal prompt of the day to gain insight on who you are and what you need to be the best version of yourself. Remember, whatever you write is right. Happy journaling!

# *Journey Into Journaling Challenge*

## *Day 1: Gratitude*

Practicing gratitude has been proven to increase happiness, mental and physical health, emotional intelligence. It also helps to increase empathy and compassion.

**Make a list of 20 things you are grateful for.**

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# *Journey Into Journaling Challenge*

## *Day 2: Letting Go*

Letting go can be challenging. Journaling can support you in letting go of unhealthy and limiting beliefs, thought patterns, negative emotions, and anything else that no longer serves you, so that you can move forward with more ease and purpose.

**A habit, behavior, or pattern I need to release is...**

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*Journey Into Journaling Challenge*  
*Day 3: Self-Compassion*

Journaling can be a powerful and transformational tool for cultivating self-compassion. It provides a safe space to explore your feelings without judgment, offer yourself kindness, and reshape your relationship with yourself.

**When is it difficult for you to offer yourself compassion? What is it that you need in those moments? How can you offer yourself more compassion?**

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*Journey Into Journaling Challenge*  
*Day 4: Acceptance*

Journaling for acceptance is a powerful practice that can support you in being more compassionate toward yourself, in understanding yourself on a deeper level, and in finding gratitude for all you have.

**If you could fully accept yourself as you are, what would change?**

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# About Me

Hi, I'm Taylor.

I'm a certified mediation and compassion teacher, journaling facilitator, and self-love advocate for women of color. I'm passionate about helping women accept themselves fully to live a life of purpose, abundance, and joy.

Journaling has supported me in rediscovering and reconnecting with myself and I believe it can be a powerful and transformative tool for you as well.

If you are interested in beginning a consistent journaling practice, or deepening your journaling practice, learn more about my course, [Journey Into Journaling](#).

You can also follow me on [Instagram](#) and on the [Insight Timer](#) app.

