

# Journaling Mythbuster Worksheet

Breaking Through Common Misconceptions & Embracing Your Own Journaling Style

## MYTH #1: You need to be a good writer to journal.

✓ **TRUTH:** Journaling is about self-expression, not polished writing. You can use bullet points, doodles, or even voice recordings!

**Activity:** ✍️ Write a short entry in a format you don't usually use—try bullet points, fragmented sentences, or a simple mind map.

---

---

---

## MYTH #2: Grammar and spelling matter.

✓ **TRUTH:** Your journal isn't an essay—it's your personal space! Don't worry about mistakes or sentence structure.

**Activity:** ✍️ Free-write for 3 minutes without editing or erasing anything. Let your thoughts flow naturally.

---

---

---

## MYTH #3: Journaling takes too much time.

✓ **TRUTH:** Even 5 minutes a day can be impactful. Short entries count just as much as long ones.

**Activity:** ✍️ Write one sentence describing how you feel right now.

✍️ Create a quick gratitude list of 3 things that made you smile today.

---

---

---

## MYTH #4: There's a right and wrong way to journal.

✓ **TRUTH:** Your journal, your rules! There are endless ways to approach journaling—experiment and find what works for you.

**Activity:** ✎ Try a different journaling style today:

- Guided prompts
  - Stream-of-consciousness writing
  - Drawing or doodling
  - Digital journaling
- 
- 
- 

## MYTH #5: Journaling doesn't help much.

✓ **TRUTH:** Studies show that journaling reduces stress, boosts self-awareness, and improves mental clarity over time.

**Activity:** ✎ Reflect: How do you feel after journaling for a few minutes? Write one sentence about any changes in your mood or mindset.

---

---

---

## Bonus: Personalize Your Journaling Routine

◆ When will you journal? (Morning, evening, whenever you feel like it?) ◆ Where will you journal? (Notebook, phone, tablet?) ◆ What's one small goal you have for your journaling practice?

💡 **Reminder:** There's no perfect way to journal—just start and let it evolve naturally!