TWBBMethod™ Home Practice | Journal

A Moment for You

Gentle journaling
for everyday wellbeing.

An introduction to journaling.

Notice | Acknowledge | Act

‘You Know You’

Breathe | Ground | Move

1. Welcome | A little space to listen to yourself
2. Guidance | Begin where you are
3. Notice
4. Acknowledge
5. Act
6. Reusable check-in | A moment to return to
7. Take this at your own pace

This is a little space to listen to yourself.

Life can be full of things that need your attention. These pages offer a moment to turn some of that attention towards you.

At The Well Balanced Being™ our Whole-Person Approach recognises that your thoughts, emotions, physical experiences and everyday circumstances are connected.

Journaling offers a space to explore those connections, at your own pace.

You might notice what has felt difficult, what has supported you, or something you need a little more of.

There is nothing you need to get right here.

A few words, a list or a doodle can be enough. You can use these pages whenever they feel helpful, leave questions unanswered and return when you choose.

We'll explore three simple steps:

Notice | What is here for me today?

Acknowledge | Can I give my experience some space, without judging myself for it?

Act | What small step might support me now?

If writing feels too much, you can pause. Look around, notice your surroundings and choose what feels supportive next.

"You Know You." Let that guide your pace.

Begin where you are

You don't need a special notebook, a quiet mind or lots of spare time.
Start with what feels manageable today.

Choose a moment that suits you

Perhaps while your tea cools or when you have a little space to yourself.
A minute or two is enough to begin.

Make it your own

Write a sentence, use bullet points, draw or jot down a few words.
There is no required length or finish line.

Let your experience be what it is

You don't need to find a positive in everything or solve what feels difficult.
You can simply acknowledge how today feels.

Keep choice at the centre

Skip any question you don't want to explore.
You decide what to write, what to keep private and whether to share anything.

Finish with a small check-in

Ask yourself: "How do I feel now, and what would support me next?"

You can pause or stop at any point.
There is no need to revisit painful experiences or push through discomfort.

Your first few words

Right now, I notice...

Today, I would like to give myself permission to...

Consistency over intensity. You can return whenever it feels useful.

Notice | What is here for me today?

Take a moment to check in with yourself.
Choose one prompt or explore them all. A few words are enough.

What thoughts or feelings am I noticing?

What am I noticing physically?
Perhaps energy, tiredness, tension, comfort—or nothing in particular.

What has been taking my attention or energy today?

You don't need to explain or change anything yet. Simply notice, with curiosity and kindness.

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Acknowledge | Give your experience a little space

Whatever you noticed, you can recognise it without judging yourself. Choose any prompt that feels useful today.

With everything happening in my life, what might help me understand how I'm feeling?

What would I say to someone I care about who felt this way?

What has helped or supported me, even a little?
It's okay if nothing comes to mind today.

You can acknowledge that something feels difficult without needing to solve it right now.

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Act | One small step to support

Let what you've noticed guide what comes next.
Your next step can be small: taking a break, meeting a practical need, making space for something you enjoy or reaching out.

What do I need a little more—or less—of today?

What is one kind, realistic thing I could do to support myself?
Resting or asking for help counts.

What could make that step easier?
Think about the time, space or support you might need.

You don't have to change everything today. Choose what feels helpful, useful and purposeful for you.

A moment to return to

Your everyday check-in

Use this page whenever it feels helpful.
A word or a sentence in each space can be enough.

Date |

NOTICE | What am I thinking, feeling or noticing in my body?

ACKNOWLEDGE | What would I like to recognise or meet with kindness today?

ACT | What small step might support me next?

As I finish, I notice...

Every check-in can look different. “You Know You.”

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Take this at your own pace

You can return to these pages whenever they feel useful.
There is no streak to maintain, no need to catch up and no expectation to feel different afterwards.

Some days you may have plenty to write. Other days, a few words, or choosing to close the journal, may be enough.

Notice what is here.
Acknowledge your experience.
Choose what might support you next.

Your next step might be rest, movement, a conversation, a practical change or support from someone you trust.

A little more support

This journal is a tool for personal reflection.
It does not replace mental health care.
If writing brings up feelings that are difficult to manage, pause and consider speaking with someone you trust or a qualified professional.

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visit our website or book a free 15-minute introductory conversation.

www.thewellbalancedbeing.com

Helpful | Useful | Purposeful

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