

The Storytelling with Heart Free 14-Day Journaling Workbook

*Daily feel-good journaling
prompts for difficult times.*

A free workbook by Camille DePutter

Welcome to your 14 days of feel-good journaling for difficult times.

Hi friend,

I'm so glad you're here. The COVID-19 pandemic is scary stuff, turning our daily lives upside down. We're all experiencing a lot of different emotions right now. For many of us, fear and uncertainty are at the forefront.

On the positive side, this can be a moment in our lives to lean in and learn about ourselves. Turn to the tools that have helped us in the past. And try things that we might not have bothered (or been brave enough) to try before.

It's also a time for us to help each other. To think about what we know, what we've learned, or what assets or superpowers we have that we can use to help others — and then pass it on.

That's why I'm turning to my journal. Journaling has been a lifeline for me so many times, and this is no exception. I'm using my journal during this time as an act of both self-care and strategy — a way to get intentional about how I want to respond during these turbulent times, while providing myself with a compassionate and supportive outlet.

I'd like to help you do the same. With all that in mind, I created this workbook to help you:

- Implement a daily journaling practice
- Explore and express your thoughts and feelings
- Focus your mind in a positive way
- Experience a little reminder everyday that you are not alone. Whenever you turn to your journal, know that we are together in this.

How it works

I recommend setting aside a time each day to turn to your journal, whether that's with your morning coffee, during an afternoon break, or before bed.

Don't have much time? Work with whatever you've got. Start with just 5 minutes if that's what you can spare.

You can print out this workbook and write in it directly, or if you prefer, simply use these prompts to inspire your writing in your own notebook or on your device of choice.

Other than the prompts, I've left the lines on these pages intentionally blank so you can write as much or as little as you like. Fill the page, make bullet points, or doodle to your heart's content. Take these prompts in whatever direction you want to go.

Remember: there is no right or wrong way to journal. Your writing never has to be "good". The point of journaling is simply to express and explore.

Just like life, I recommend you take this program day by day. Return to this workbook each day to review your prompt, and then write. (But if you prefer to skip ahead or jump around, that's cool. You do you.)

Also, if you skip a day or "fall off the wagon", no big deal. You can pick it back up wherever you left off at anytime.

Reminder: your stories matter.

Not just the stories, ideas, and knowledge you share with the world, but your inner stories too. The ones you tell yourself. The stuff inside that is just waiting to fill a blank page. Your stories have more power and purpose than you know.

I hope that journaling can help you a little bit during these difficult times — and beyond.

With heart,
Camille

P.S. If you have questions throughout this program, or are looking for more resources, come find me at www.camilledeputter.com or camille@camilledeputter.com

As you'll see, I've also included a page of additional resources with more prompts at the end of this workbook.

Day 1. Comfort

Welcome to Day 1! I'm so happy you're here.

Today's theme is **comfort**. You might be feeling distinctly *uncomfortable* right now. But for the moment, turn your thoughts towards sources of comfort in your life.

Prompts:

- Who or what brings you comfort in your life? For example: a person, a pet, a comfy bed, a familiar song, a cup of tea, or a book you've read a million times. How is this person/thing comforting you now?
- How could you bring a little more comfort into your day today?
- How could you offer a little dose of comfort to someone else today?
- For deeper reflection: is there anything good about feeling uncomfortable sometimes? What could be good about discomfort?



Writing space

Day 2. Kindness.

Today's theme is **kindness**.

When times are tough, kindness becomes even more important. Today's prompts invite you to reflect on how you can bring a little more kindness to yourself, and others.

Prompts:

- Write about a time someone was kind to you. What happened? What is that you remember from that experience?
- How could you extend some kindness to someone else today?
- What does it mean to be kind to yourself? How could you give yourself some kindness today?



Writing space

Day 3. Courage

Today we're going to write about **courage** and bravery. No doubt about it, tough times like these can call for courage. Let's explore.

Prompts:

- Write about a time in your life that you were brave.
- What did you learn from that time in your life?
- What did you gain from that experience? For example: life lessons, resilience, new skills, strength, etc.
- What does it mean to have courage in the face of difficult times?
- What could you do today that would require courage?



Writing space

Day 4. Focus

Welcome to Day 4. You're doing great!

At a time like this it's easy to feel scattered. So today we're going to consider our mental state and consider where we're putting our thoughts and attention. These prompts are all about **focus**.

Prompts:

- How do you feel today — scattered or focused? Reflect on where your mind is at.
- Take a step back and consider what you want to focus on at this time. In other words, what are the important things you want to put your effort and energy towards?
- If you were to accomplish one thing today (or tomorrow, if you're writing this at bedtime), what should it be?



Writing space

Day 5. Joy

Hey, welcome to Day 5! Today's theme is **joy**.

Even when we're facing fear and sadness, we can still explore — and possibly even experience — joy. Let's take a look.

Prompts:

- Write about a time you were joyful in your life. What was it like, what was going on, how did you feel?
- What did you learn or take away from that joyful experience?
- Consider joy in your life, generally. Does it last for sustained periods, or does it ebb and flow? Is it predictable or surprising? Can you force joy to happen or does it arrive on its own?
- What tiny little things bring a sense of joy or happiness into your life?



Writing space

Day 6. Inspiration

The theme for Day 6 is **inspiration**. Inspiration at times like this... to do our best, or just keep going... is so important. For today, let's lean into our sources of inspiration.

Prompts:

- Who inspires you in your life and why?
- Who is someone who has inspired you in the past? They may be a real-life role model or someone who inspires you from afar.
- How do you want to emulate that person/those people during this difficult time? How might channeling them change your actions, attitude or approach to things a little bit?
- Where can you look for additional inspiration?

(PSSST You know what? *You* inspire me. Why? Cause you're here, doing your bit for yourself and others. Showing up, giving this a go, and making the best of things. Thanks for being here.)



Writing space

Day 7. Reflection

Woo hoo! You got through a whole week!

Congratulations on a week's worth of journaling and living and being awesome. :) Today's theme is a chance to do a little **reflection** from the past week.

Prompts:

- Now that you've done a whole week of journaling, which of the past themes stands out the most?
 - Comfort
 - Courage
 - Kindness
 - Focus
 - Joy
 - Inspiration
- What has your experience with journaling been like this week? How does it feel to journal? And have you noticed yourself thinking or acting any differently as a result? (Remember: there are no wrong answers. This is just a place for reflection and investigation.)
- Take some free writing time. Reflect on anything that's on your mind or that you're thinking or feeling. See what bubbles to the surface.



Writing space

Day 8. Gratitude

Today's theme is all about **gratitude**. Extending awareness and appreciation for what we *do* have rather than focusing on what we don't.

Before we begin, I just want to say: I am so grateful for you. Being here, doing your best. That really matters — I mean it.

What about you? Let's explore.

Prompts:

- What are you grateful for today? If you have trouble thinking of things, take a look around: what people or things do you have around you that you're grateful to have in your life?
- Consider past experiences. What are you glad to have had in your life, whether that's difficult times that gave you strength and resilience, or joyful memories to look back on.
- Relax into that feeling of gratitude for a moment. What does appreciation feel like?
- Who could you write a little note of appreciation or thanks to today?



Writing space

Day 9. Patience

Today's theme is **patience**. Whether you're stuck at home, waiting for answers, or just trying to weather the storm... times like these can require a lot of patience. It's not always a comfortable feeling, but exploring patience (and impatience) can be a really interesting experience. Let's have a go.

Prompts:

- What is patience? What does it feel like to try to cultivate patience (or conversely, to sit with impatience?)
- What does it feel like to sit with uncertainty? Can you explore that feeling and what emotions arise as you try to sit with feelings of impatience and uncertainty?
- Is patience really a virtue? What might it teach you or give you during this time?
- Do you know a patient person? What are they like?
- How could you cultivate a little bit of patience today?



Writing space

Day 10. Creativity

Check it out — you're at Day 10! That's awesome.

Today's prompt is creativity. To me, **creativity** isn't just making artistic things, it's a mindset that chooses to imagine, problem solve, play, innovate, and, well, create. Everyone has creativity inside them, including you.

Prompts:

- What creative things did you enjoy doing as a kid?
- What does it mean to be creative?
- How have you solved a problem or overcome a hurdle in your past by thinking creatively?
- How can creativity help you in difficult times?
- How might you apply a little creativity to today?



Writing space

Day 11. Presence

Today we're going to take a breath and focus on where we're at right now. Today's theme is all about **presence** — being present in this very moment.

Prompts:

- Take a look around the space you're in. What do you see?
- What do you smell, hear, feel, or taste right now?
- What does your body feel like? Notice your breathing, any tension, your posture, etc.
- How does it feel to be here, journaling, in the present moment?
- Write about whatever feelings (physical or emotional) that are coming up for you right now.



Writing space

Day 12. Generosity

Wow — you're almost at a full two weeks of journaling. Well done!

Today, let's turn our attention to **generosity**. Generosity is often thought about in terms of giving stuff (money, gifts) but we can think of it much more widely than that. Let's explore.

Prompts:

- What does generosity mean to you? (For consideration... generosity may be thought of more than just giving gifts... you may be generous with your time, effort, consideration, kindness, enthusiasm, contribution, and spirit.)
- Reflect on a time someone was generous with you. What did they do? Why was it important to you?
- What assets, abilities, or strengths do you have that you could extend to someone else during this time? For example: knowledge you could share, kindness you could offer, ideas you could contribute. What would it look like for you to share those things generously?



Writing space

Day 13. Ease

Things might be hard right now. Really hard. So let's take a moment and write about the opposite: **ease**.

Prompts:

- What does it feel like to give up a bit of control and choose to go with things (instead of wishing they were different)?
- Think about a moment or time in your life where you felt lightness and ease — maybe you were playing as a kid, or on vacation. What did that ease feel like?
- What is good about ease? Is it always a good thing?
- What does the opposite of ease feel like? Does difficulty or effort have anything in common with ease?



Writing space

Day 14. Wisdom

You did it! 14 days of journaling! Congratulations. I hope that you've enjoyed this process — and that your journaling practice is just beginning.

For your final day in this program, let's reflect on something I know you have inside of you: **wisdom**.

Prompts:

- What does wisdom mean to you?
- Who is a wise person in your life? How have they helped or inspired you? What makes them wise?
- Imagine a future version of yourself — someone who is wise and knowing. What would they say to you right now? What advice or observations might they have? What do they know that you don't?

P.S. When you're all done this exercise, turn to the next page for some bonus prompts and continued inspiration...



Writing space

Thank you + Bonus Resources

You did it! Congratulations on your 14-days of journaling! It's been so lovely to share this journaling routine with you.

No matter what you do next, always know that what you have to express and contribute truly matters. Especially at times like these. Your stories have real potential to lift others up and make a positive difference. And, I've found that if we have a safe place to express ourselves and explore our thoughts and ideas (i.e. in a journal) we make more room for our "public" stories — the ones we can use to help others.

So let's keep it going, shall we?

Here's what to do next:

1. Make sure you're a part of the Storytelling with Heart email list.

The Storytelling with Heart newsletter is where I share my best storytelling advice, inspiration, personal stories, and more free workbooks, tools, and templates like these. Your stories matter, so I'll do my best to keep you inspired and supported.

→ Sign up here: www.camilledeputter.com/subscribe ←

2. Check out these bonus resources.

If you'd like to keep the journaling going, you can find many more journaling prompts in the stories below:

- [7 positive journaling prompts for difficult times](#)
- [Start journaling now: easy writing prompts to boost creativity](#)
- [101 Things To Write About](#)
- [Super simple journaling practices for when sh*t hits the fan](#)

3. If you know of someone who would benefit from this workbook, please share.

You can forward this free workbook to a friend and/or share it on social media. Here's a shareable link: www.camilledeputter.com/14-day-journaling. If you think it will help others, please pass it on.

Thank you for being here and bringing your heart to this little exercise — and your everyday life. I believe in you.

With heart,

Camille

Camille DePutter

STORYTELLING *WITH HEART*