

## Anxiety Relief Through Journalling

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# DAILY JOURNAL

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SELF  
DISCOVERY

PERSONAL  
GROWTH

ONE STEP  
AT A TIME

At Amber Healing Counselling, I believe that small, intentional steps can lead to profound emotional healing. I am passionate to helping you find calm and clarity, especially if you are experiencing generalised or high-functioning anxiety. This journal is a gentle space to pause, reflect and ease your mind. Mindful prompts empower you to explore your emotions, uncover inner strength and nurture your peace.

Use this journal to support your journey towards emotional balance.

If you need more support, feel free to reach out to book a session. I am here to guide you through life's challenges.

Visit [www.amberhealingcounselling.co.uk](http://www.amberhealingcounselling.co.uk) for individual and couples counselling.

With warmth,

*Gentare*



# DAILY

Monday

## Daily Note

*Prompt: Write about a situation that has triggered your anxiety today. What small step can you take to manage it?*

## TO-DO LIST

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## I am Grateful for...

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## Today's Mood



# DAILY

Tuesday

## Daily Note

*Prompt: What does healing your heart mean to you?*

## TO-DO LIST

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## I am Grateful for...

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## Today's Mood



# DAILY

Wednesday

## Daily Note

*Prompt: What's one thing causing you stress today. How can you approach it calmly?*

## TO-DO LIST

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## I am Grateful for...

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## Today's Mood





# DAILY

Ease Your Mind  
Heal Your Heart



Anxiety Relief Through Journaling

Thursday

## Daily Note

*Prompt: Describe a moment when you felt at peace?*

## TO-DO LIST

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## I am Grateful for...

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## Today's Mood



# DAILY

Friday

## Daily Note

*Prompt: What is one situation that feels overwhelming right now?  
What manageable steps can you take to approach it with calm?*

## TO-DO LIST

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## I am Grateful for...

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## Today's Mood



# DAILY

Saturday

## Daily Note

*Prompt: Recall a moment when you felt truly at peace – what sights, sounds, and feelings stood out?*

## TO-DO LIST

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## I am Grateful for...

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## Today's Mood





# DAILY

Ease Your Mind  
Heal Your Heart



Anxiety Relief Through Journaling

Sunday

## Daily Note

*Prompt: Write about a time you overcame a challenge – what strengths did you discover in yourself? How can they help you manage anxiety?*

## TO-DO LIST

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## I am Grateful for...

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## Today's Mood



## NOTES:

### Anxiety Relief Through Journaling

*Prompt: What does living authentically mean to you, and how might accepting your true self help ease anxiety you feel in daily life?*

*Prompt: When you feel overwhelmed by anxiety, what deeper questions about your life and its purpose arise and how might exploring these bring you closer to peace?*

*Prompt: Imagine you could let go of one fear that holds you back – what would it be, and how might this freedom allow you to create more meaningful life?*

*Prompt: If you were to accept that uncertainty is a natural part of life, how might this perspective shift the way you approach your anxiety?*

## Anxiety Relief Through Journaling

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