

Ease Your Mind
Heal Your Heart



Anxiety Relief Through Journalling

DAILY JOURNAL

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 for individual and couples counselling.

With warmth,

Gintare

DAILY

Anxiety Relief Through Journalling

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

Anxiety Relief Through Journalling

Tuesday

Daily Note

Prompt: What does healing your heart mean to you?

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Today's Mood



DAILY

Anxiety Relief Through Journalling

Wednesday

Daily Note

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

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Today's Mood



DAILY

Anxiety Relief Through Journalling

Thursday

Daily Note

Prompt: Describe a moment when you felt at peace?

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Today's Mood



DAILY

Anxiety Relief Through Journalling

Friday

Daily Note

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

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Today's Mood



DAILY

Anxiety Relief Through Journalling

Saturday

Daily Note

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

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Today's Mood



DAILY

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?

Anxiety Relief Through Journalling

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Today's Mood



NOTES:

Anxiety Relief Through Journalling

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?

NOTES:

Anxiety Relief Through Journalling