

Journaling Workbook for Meaning, Hope and Joy

During times of personal crises, national disaster, or a pandemic-related trauma, multiple factors converge, threatening our understanding of the world and shattering our visions of right, wrong, and what is just in the world. Our attachments to work, relationships, and what gives our lives meaning may feel foreign or forsaken. However, there are tangible ways that we can nurture a sense of normalcy, meaning, and even hope during times of great distress.

The following pages include several reflection prompts to serve as guides to assist you in exploring your past, present, or future sources of meaning, hope and joy.

We offer this space for you to take a moment to reflect on aspects of your identity that fuel you, recognizing that many of us have not had the time or energy lately to focus our attention on these aspects of our wellbeing. These pages are for you to use as you would like. We invite you to write what you would like on these pages and to skip to entries that call out to you, in no certain order.

You can focus on parts of your life before COVID with which you want to reconnect or you can think about things you want to add into your life in the present or the future. These activities can also be shared with others or created jointly with a friend, family member or coworkers.

There are also many other journaling prompts available on the internet that you may find spark your creative energy or allow you time to ponder some of the deeper aspects of life that ignite you as a person and keep you inspired.

