



The Creative Map  
Creative Tools for Change



# Journaling for Grounding



30 days of questions,  
prompts & lists





**The Creative Map**  
Creative Tools for Change

**Written & compiled  
by Rachel Ireland**

**All content and design**

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**More resources at:  
[www.thecreativemapcic.com](http://www.thecreativemapcic.com)**

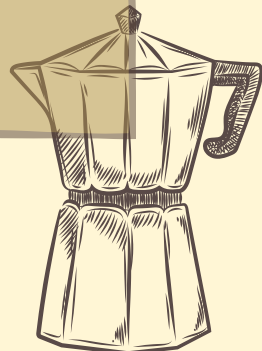


# Day 1

From where I am sitting/standing, I can see...



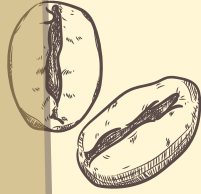
If you reach out now, what can you touch?



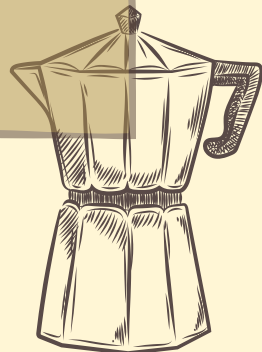


# Day 2

From where I am sitting/standing, I can hear...



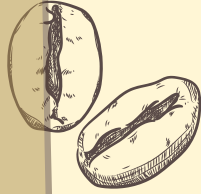
Take a sip of water and write about how it tastes and feels.



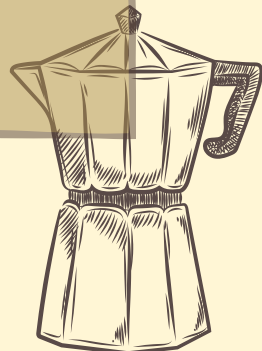


# Day 3

From where I am sitting/standing, I can smell...



Describe your surroundings in detail.



# Day 4

3 places I feel comfortable

1.

2.

3.



3 items that comfort me

1.

2.

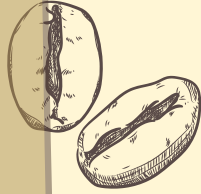
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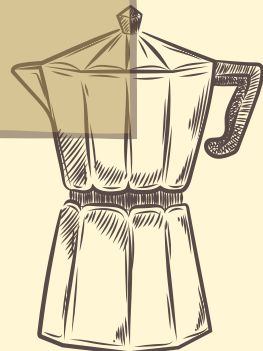


# Day 5

Someone I think of as being calm and confident is...



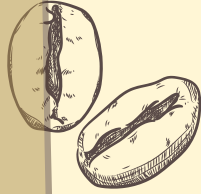
How would you behave if you weren't afraid?



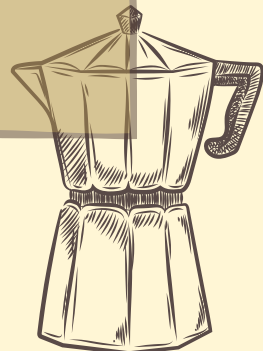


# Day 6

I admire people who, in a crisis...



Describe a time someone came to you for help.

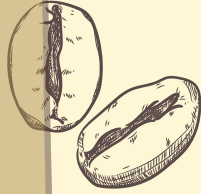




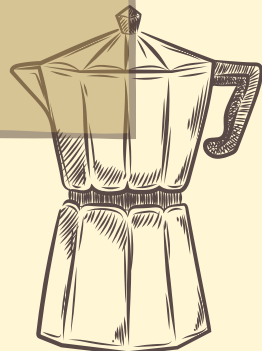


# Day 7

Someone I know is always looking out for me is...



Who do you always look out for?



# Day 8

3 people I trust

1.

2.

3.



3 memories I treasure

1.

2.

3.



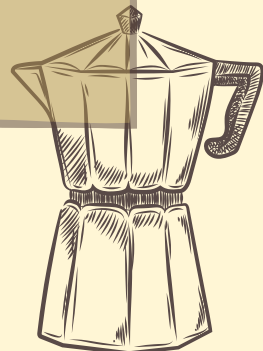


# Day 9

The place I most love to be is...



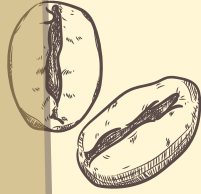
What is it about your surroundings that makes you feel safe?



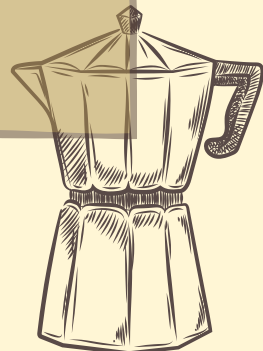


# Day 10

Somewhere I know I can just relax and be myself is...



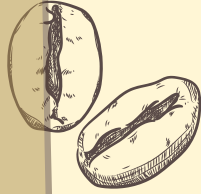
What would need to change for you to feel more comfortable right now?



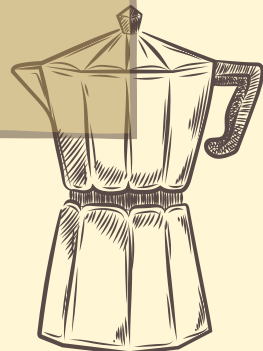


# Day 11

A home away from home would have to include...



If you could change locations in an instant, where would you go?



# Day 12

3 smells that remind me of home

1.

2.

3.



3 calm words I can use

1.

2.

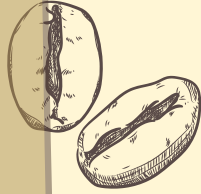
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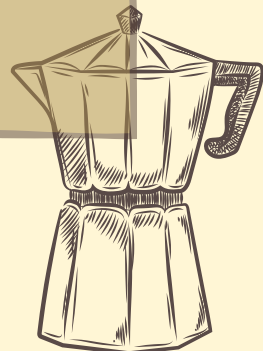


# Day 13

My favourite belongings are...



What items or possessions do you associate with 'home'?



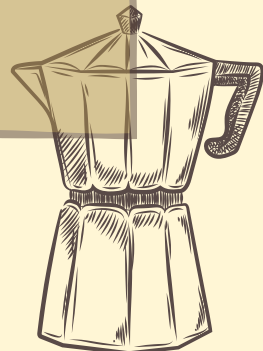


# Day 14

If I had to start all over again with nothing, all I would really need is...



Describe a comfort item or good luck charm you've had in the past.

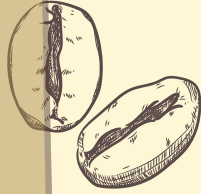




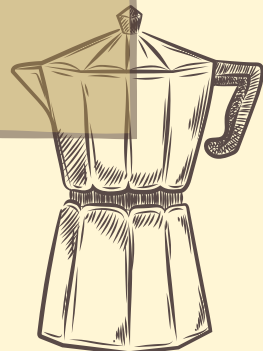


# Day 15

My comfort clothes are...



What do you always like to have around you?



# Day 16

3 feelings I strive for

1.

2.

3.



3 positive experiences I've had

1.

2.

3.



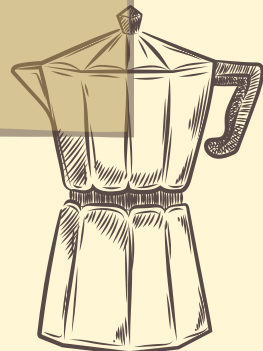


# Day 17

A time I felt safe was when...



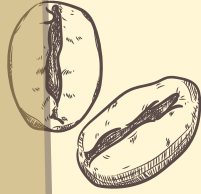
Describe the feelings you associate with feeling safe.



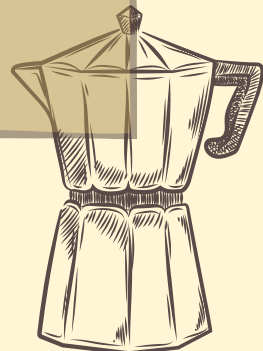


# Day 18

A time I didn't feel safe was when...



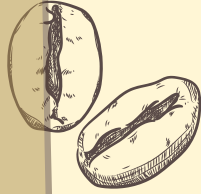
Describe the feelings you associate with feeling unsafe.



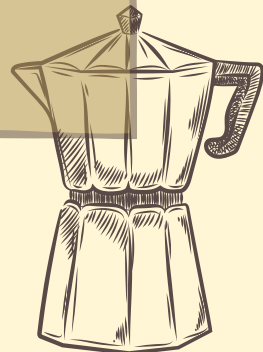


# Day 19

I try to avoid situations such as...



How do you avoid uncomfortable situations?



# Day 20

3 reasons I know I am safe

1.

2.

3.



3 things to be grateful for in this moment

1.

2.

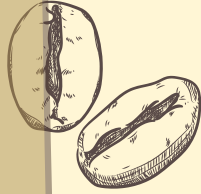
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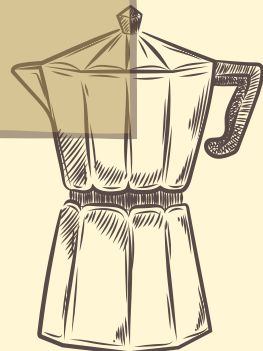


# Day 21

Music that reminds me of happy times includes...



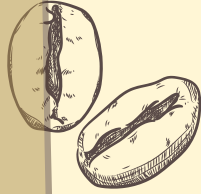
How can you make yourself smile when you're feeling down?



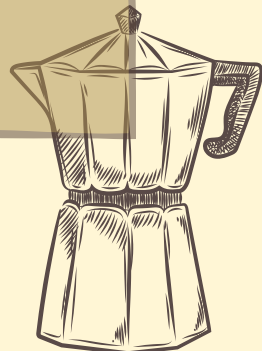


# Day 22

Books or films that make me smile include...



What types of books, films & music have you always loved?





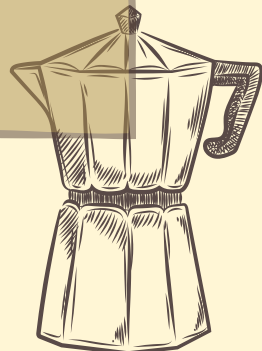


# Day 23

Colours that I find calming include...



What type of rooms or spaces do you find relaxing?



# Day 24

3 ways I can look at the bigger perspective

1.

2.

3.



3 times everything has turned out okay

1.

2.

3.



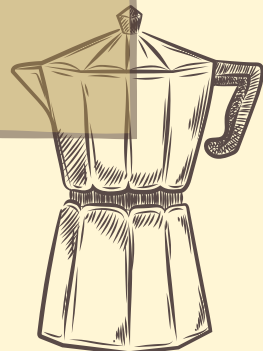


# Day 25

A time I was stronger than I thought I could be was...



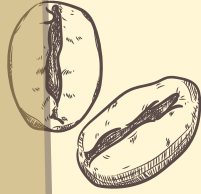
Describe a time when something worked out even better than expected.



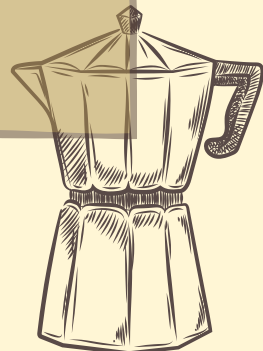


# Day 26

Sometimes I surprise myself by...



Recap on all the things you are proud to have achieved in your life.



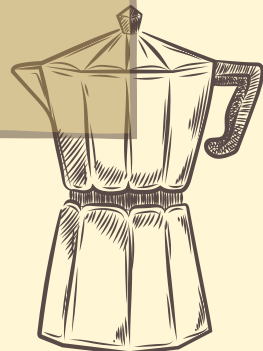


# Day 27

I know everything will be okay because...



When you are feeling safe and grounded, how does that feel?





# Day 28

## Reflection:

- Can you identify the people, places, items and feelings that make you feel safe and grounded?
- How can you use this information to help you feel more grounded in everyday life?

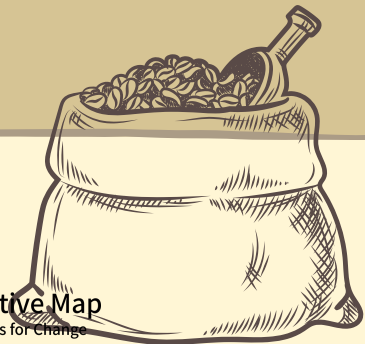





# Day 29

## Reflection:

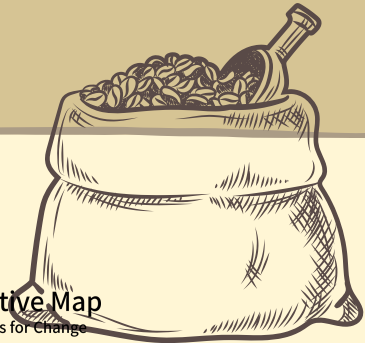
- How do you feel having completed this journaling challenge?
- What have you learnt? What will you take away? What do you really want to continue or do more of?





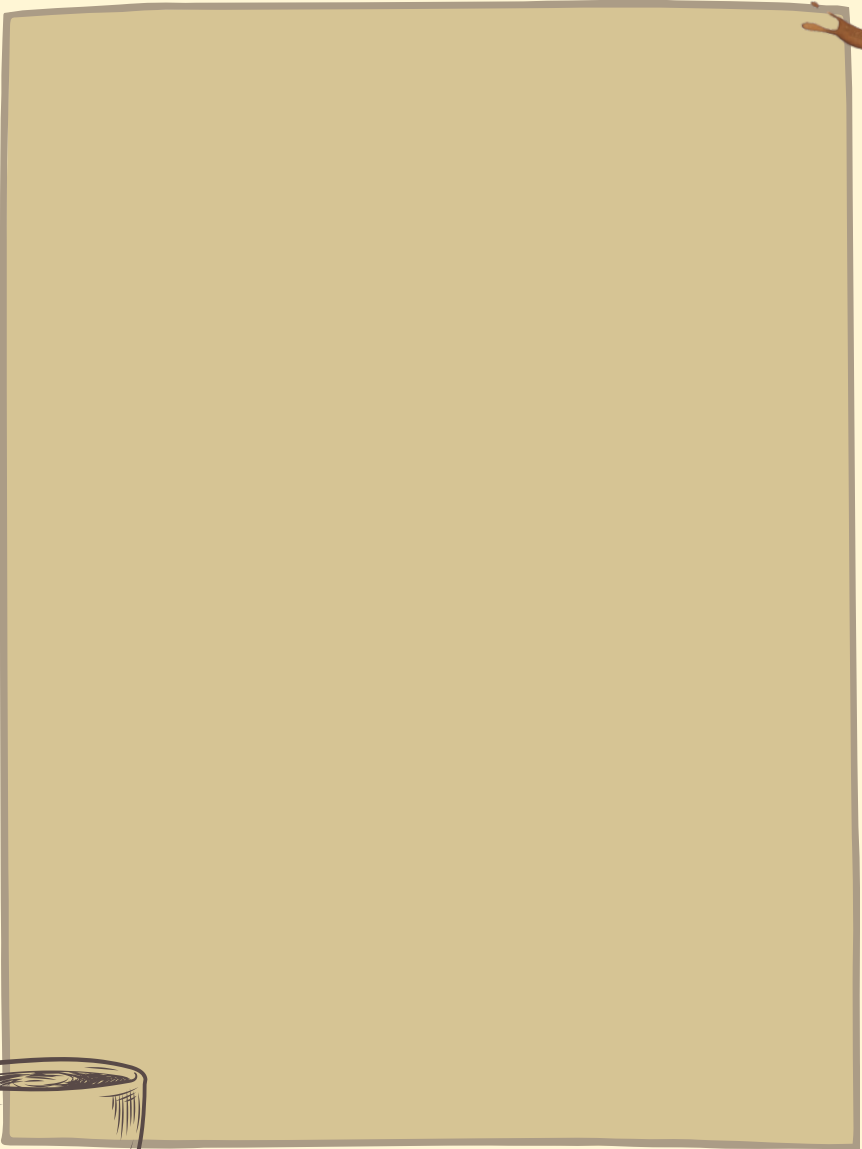
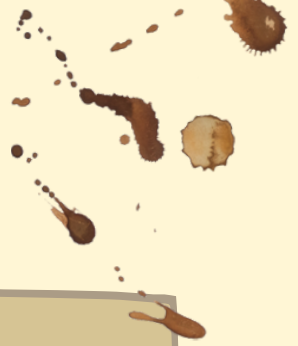
# Day 30

Space for you to write about your next steps

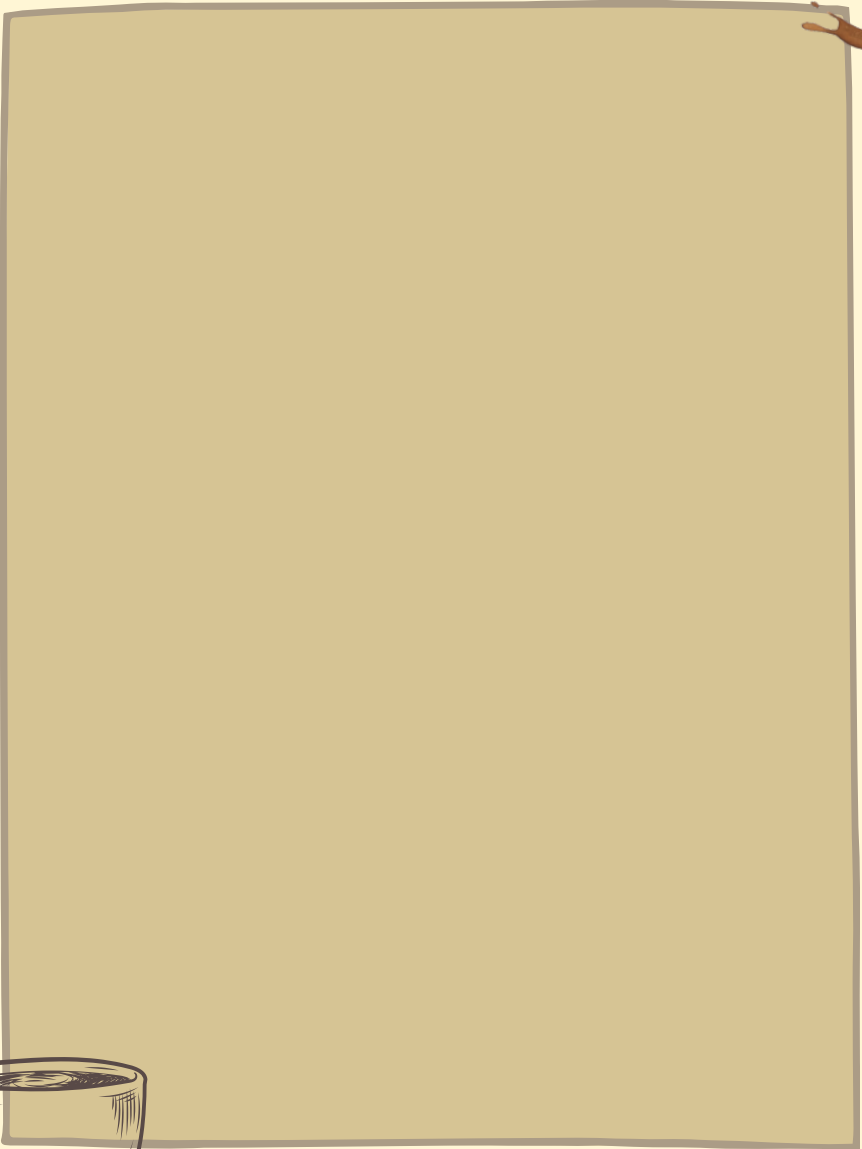
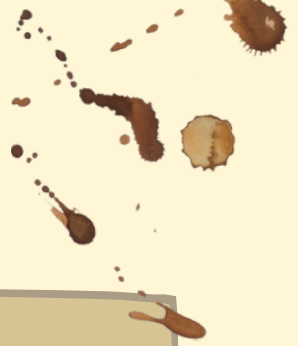




# Notes



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**The Creative Map**  
Creative Tools for Change

Everything we do at The Creative Map is designed to guide you through these five stages:

### **Step 1: What's Your Story?**

Using music, journaling, art, movement & storytelling to explore your identity, your story & your unique set of skills

### **Step 2: Pay It Forward**

Taking your personal experiences and turning them into an idea that could help others in a similar situation

### **Step 3: Building Your Community**

Creating a platform for your cause & building your community

### **Step 4: Funding Your Idea**

Generating funding to start & run your not-for-profit organisation or community group

### **Step 5: Making an Impact**

Planning for the longer term & making a bigger impact

### **Looking for more support?**

For ideas & Inspiration, browse the [blog](#) & [videos](#)

For step-by-step guidance, [choose a workbook](#)

For personalised support, [book a 1-1 call](#)

[www.thecreativemapcic.com](http://www.thecreativemapcic.com)



**The Creative Map**  
Creative Tools for Change



This 30-day workbook has been compiled based on the most popular journaling prompts and discussions in our monthly creative wellbeing workshops. Each day you will find either a prompt and question or two lists to complete, with additional days allowing time for reflection and space for your own notes.

It has been designed to accompany you on your journey through life, to remind you that you are exactly where you are supposed to be, and that you already have within you, everything you need to succeed.

**More resources at:**

**[www.thecreativemapcic.com](http://www.thecreativemapcic.com)**

