

The logo for Sheffield City Trust is a white, irregular polygonal shape with a pointed top and a flat bottom. Inside this shape, the words "SHEFFIELD", "CITY", and "TRUST" are stacked vertically in a bold, dark blue, sans-serif font.

**SHEFFIELD
CITY
TRUST**

Daily Journaling for Managing Stress Effectively

sheffieldcitytrust.org

Welcome

What is Journaling about?

This 5-day journal is designed to ease emotional stress and enhance your overall wellbeing through a simple, daily journaling practice.

Requiring just 5-10 minutes a day, this guide encourages a lifelong journaling habit by presenting thought-provoking questions and writing prompts that explore your relationship with stress, self-awareness, limitations, and personal power.

Each day, you'll start with a positive affirmation to keep in mind, followed by prompts to delve into your struggles and aspirations, and end with a reflection period to assess your progress.

This journal maintains a consistent structure daily, aiming to foster healthy habits for a happier, more fulfilled life.

For further support please visit our [website](#), sign up to our Fitness Classes and enjoy our swimming pools across the city with just One [membership](#).

Commit to Your Journey

The choice to change

From your earliest days, the influences around you—people, places, and experiences—shaped your identity, leading you to who you are now. As you stand on the brink of a new chapter, certain aspects of your life will remain, while many will transform.

You'll encounter new people, gather fresh experiences, and create lasting memories.

In this pivotal moment, you possess the invaluable opportunity to choose your path forward.

You're at a crossroads, with the power to shape your future, your life, and the person you're destined to be. It's a fresh beginning, a new phase of your journey.

You're invited to embrace growth, to say yes not just to yourself, but to the potential version of you that's eagerly awaiting your decision to move forward and fully commit.

So, we pose the question:

Are you ready to live a stress-free life?

A Letter To Myself

Dear _____,

It's time. I am ready to let go of the old, commit to myself and embrace change. I believe that the world is transformed by the choices we make and I know that my life is important. My words, thoughts, and actions are powerful.

So I am open to becoming more _____ and choose to do more _____. I am ready to commit to releasing my old stories about who I am and what I am capable of because _____.

This week I am going to be _____ I'm going to spend more time with _____, _____, _____ doing things like _____, _____, & _____.

I am also going to devote myself to spending less time doing things that waste my precious time like _____, _____, & _____ because they make me feel _____, _____, & _____.

The top three things that are important to me are:

- 1.
- 2.
- 3.

...and I am ready to make them a priority in my life. No matter what.

One last thing: I love you and appreciate you _____, because of all of the amazing things you have made it through and all the incredible things you have accomplished. Especially that time you _____.

I wish for you a life worth living, my friend. And I'll be here with you, until the end.

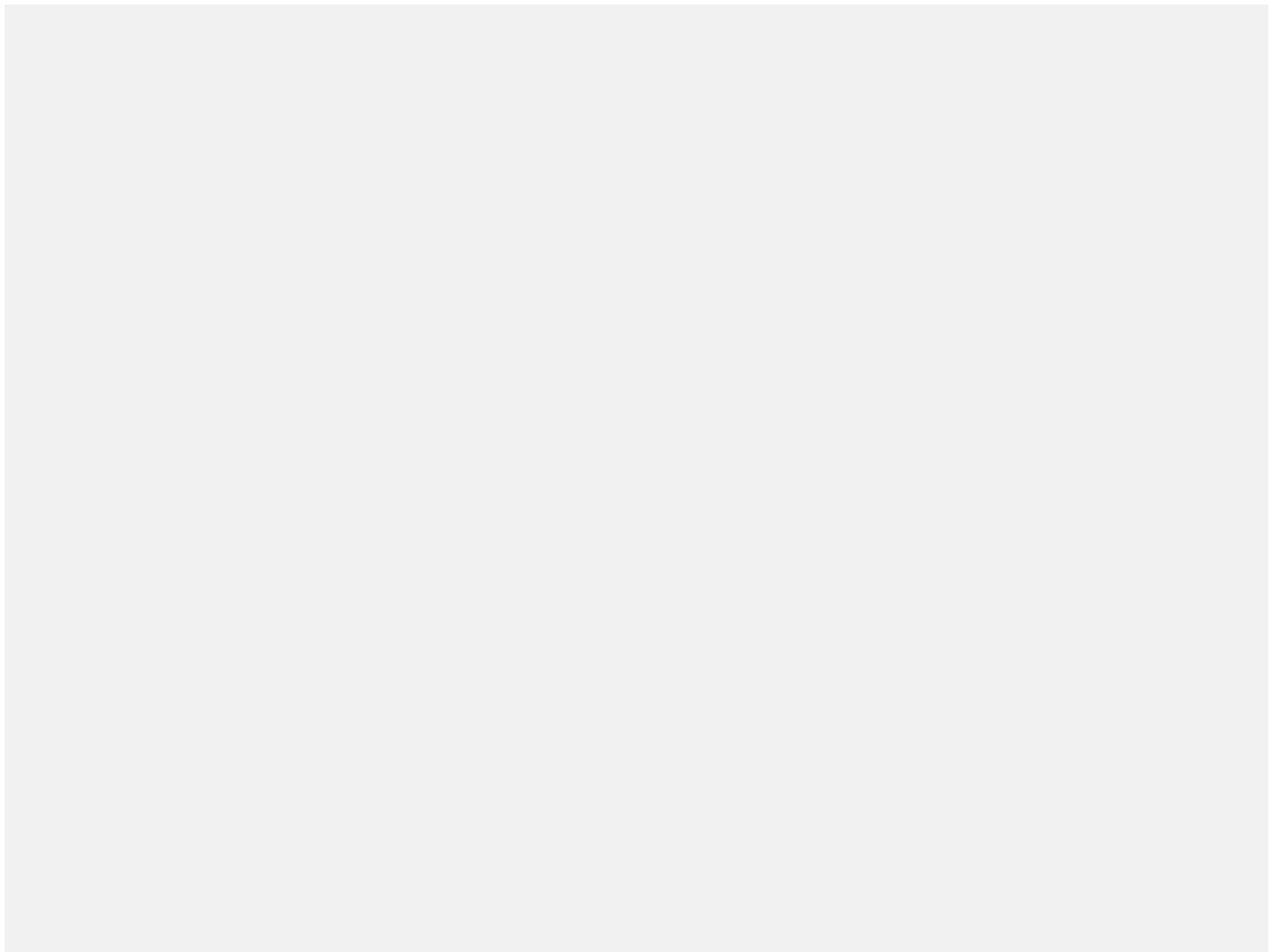
With love,



Set a Goal

Uncover what really matters

Take a deep breath before you begin.
Close your eyes and think about what it is you TRULY want.
How is Emotional Stress keeping you away from the life you
want to live?
Be realistic and as vivid and descriptive as you can!



Roadblocks

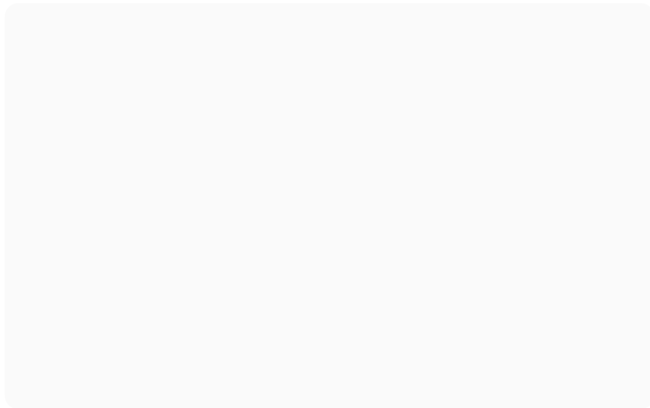
What are the roadblocks you may encounter during this journey?

This is the place to explore what those things are that are blocking you or preventing you from living a calmer and emotionally resilient life.

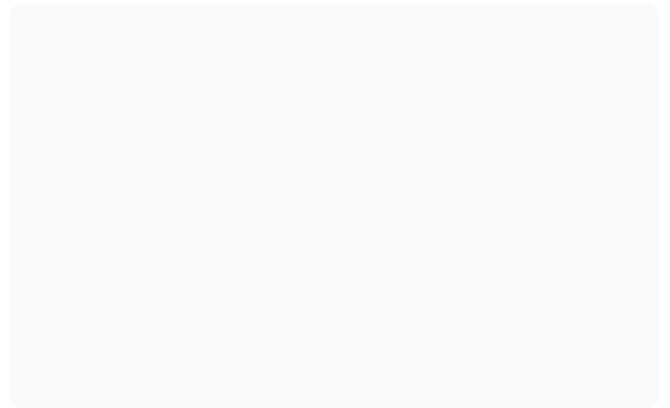
Here focus on the Short Term barriers!

You don't have to fill out every field. Choose the ones that feel the more problematic NOW!

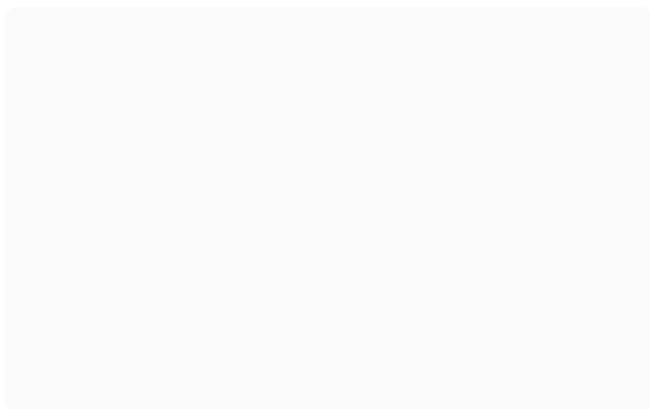
Emotional blocks

A large, empty, light gray rounded rectangular box intended for writing about emotional blocks.

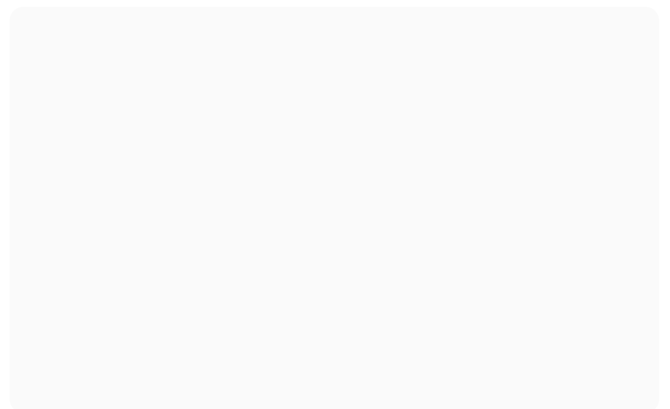
Physical blocks

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Physical blocks

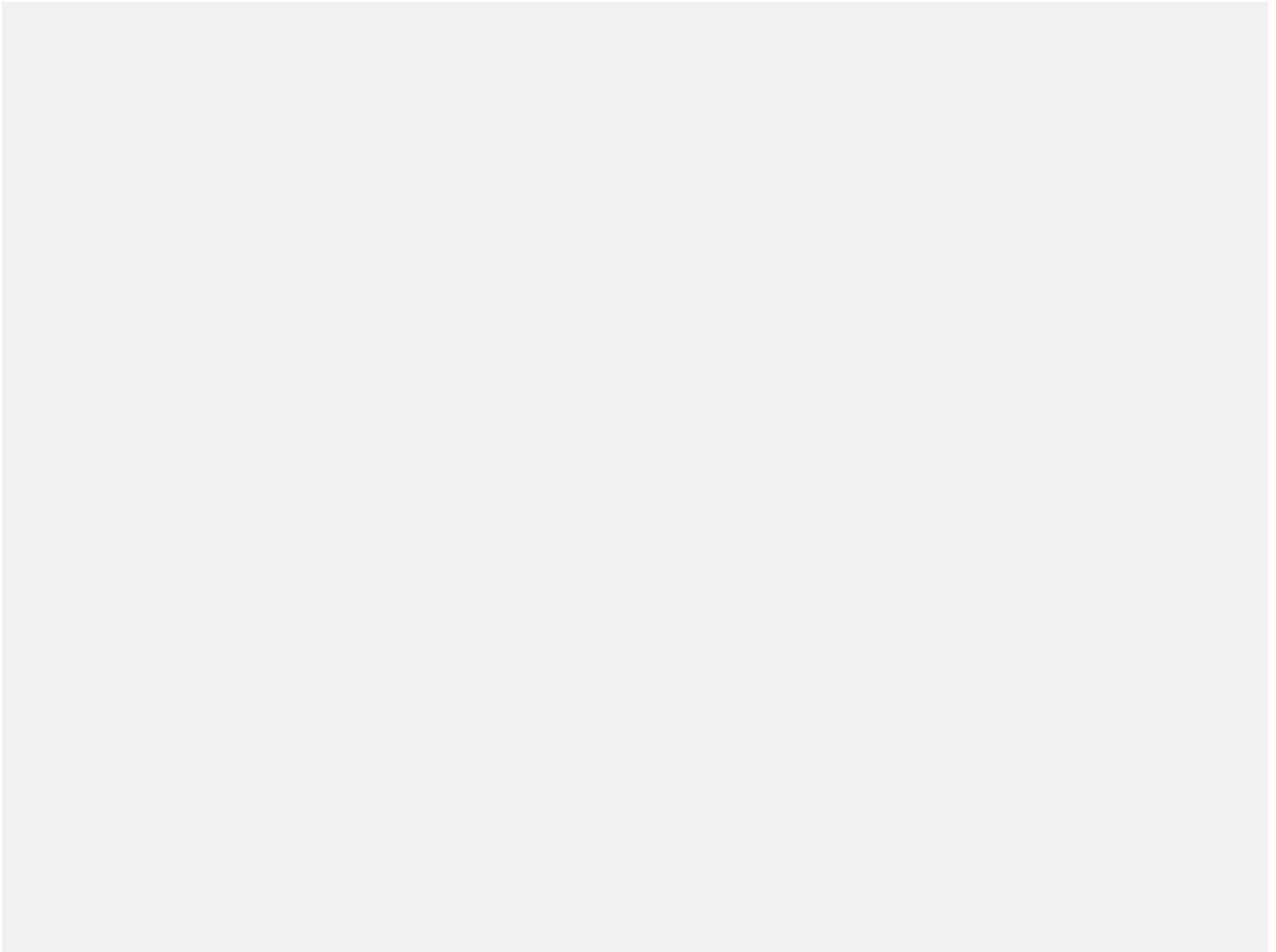
A large, empty, light gray rounded rectangular box intended for writing about physical blocks.

Relational blocks

A large, empty, light gray rounded rectangular box intended for writing about relational blocks.

How do I want to feel by the end of the 5 Day Journaling Experience?

Take your time to write down how you actually want to feel by the end of the 5 Day Journaling!





5 ways Sheffield City Trust helps you manage stress

Accessible venues & activities & Easy Booking system

One Membership covers 7 venues - sign up to our classes in whichever venue you live closer to

Over 200 Fitness Classes & wide range of Leisure Activities to help you release stress through exercise

Inclusivity - sense of belonging, community feeling

Highly qualified Personal Trainers - take the pressure off, share the load. You are not alone!



**Ready to Start
Your Journey?**

Day 1

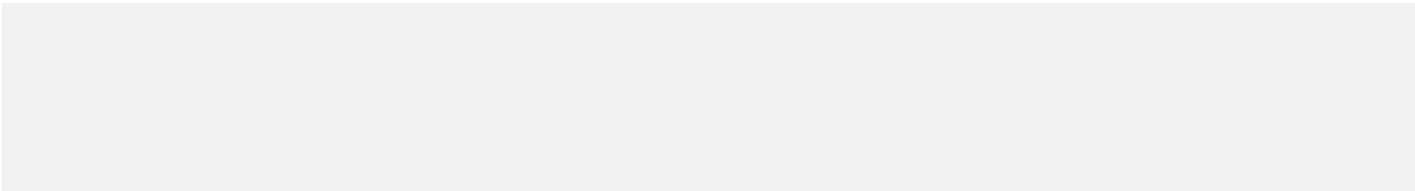
Daily Affirmation:

My habits are what define me.
I choose to develop the habits that
will enable me to become
emotionally more resilient and
confident.

Choose 3 of the most toxic habits that have been making you stressed lately.

Next, write a number next to each one indicating the priority in which you'd like to tackle the habit. 1 being the highest priority to tackle first, 2 being the second-highest priority, and so on.

Choose 1 habit that you feel the least risky to break tomorrow. Lay out the steps how you are going to break it.



How did you feel today?



How would you rate the day?



3 things i wish for tomorrow

Day 2

Daily Affirmation:

I choose to feel calm without
judging my actions or thoughts.

Beside your list of stress-inducing habits you aim to alter, jot down at least one simpler, healthier habit you could adopt instead.

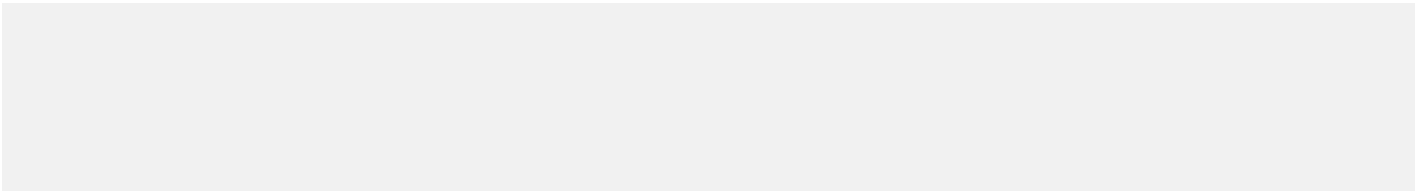
Then reflect on the WHY!

Why does this make you feel happier?

How could I make this habit more frequent in my everyday life?

Make a plan on how to implement this habit into your next 5 days!

How are you going to stick to this habit when you are too busy/
overwhelmed?



How did you feel today?



How would you rate the day?



What am i going to do if things don't turn out the way i want them to?

Day 3

Daily Affirmation:

I am safe wherever I am now.
If I make a mistake, I no longer judge
myself, but I try to be curious.

I ask myself;

What is this experience trying to
teach me?

Think about the time when you are stressed and you have a physical reaction.

How does stress manifest in your body? What kind of symptoms are you noticing?

What is this physical reaction trying to teach you and protect you from? Would your life be different if you listened to these protective notes? In which way?

How did you feel today?



How would you rate the day?



What would make you feel more comfortable in a stressful situation if you could choose how to react?

Day 4

Daily Affirmation:

I can choose.

I have the ability and opportunity to choose the way I want to feel and where i want to be in life.

I can practice my will in real life too not just in my mind.

Once you have reflected on what stress and the upcoming emotions are trying to protect you from, we can start to look into what it's trying to show us.

What do you think Stress, as your protector and safeguard, is trying to show you? Where could you be/ go once you overcome the emotional rollercoaster that stress causes you?

If you could envision your ideal self in stressful situations, what can you see? How is your ideal self react when stress starts to rise?

How are you today?



How would you rate the day?



Is there anything you can start to practice today to be closer to your ideal self? How would that look like in a real situation?

Day 5

Daily Affirmation:

I have power and I can make my ideas
happen in real life.

I am resilient and stronger than
yesterday.

When you envisioned your ideal self in a stressful situation, what emotions were appearing?

How did it feel being in control and deciding to not give in to the negative feelings?

The good news is that, whatever you can envision in your mind, it's already inside you. You have all the potential to transform your experience from negative to positive.

What's coming up for you when you read these words?
Be as detailed as possible.

How are you today?



How would you rate the day?



Do you trust yourself to step into your full power and cope with stress effectively?
Or maybe are you doubting your capabilities?



Congratulations!

What's next?

You may have a lot of questions after completing this Journal, and it's perfectly normal.

Go through this journal as many times as you need to have a clearer vision of your next steps.

To build Emotional Resilience and Take the Power Back from Stress and Anxiety, you need to be able to implement small and tangible steps for bringing you closer to how you truly want to live your life.

This 5 day journaling program just a beginning.

Exercising, having a supportive community and being surrounded by like-minded people have a major role in building a balanced and joyful life.

Start Your Journey Here