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Rebuilding with Writing

You can use writing in a variety of ways as part of the rebuilding process. One way is to think about your short and long-term goals. This is why early in the rebuilding section, I encouraged you to complete a self-assessment of challenges you need to focus on.

Writing and Meeting Rebuilding Goals

- Daily journals can be helpful ways to stay mindful of goals and track your progress. A short journal entry or self-rating can help you record your progress.
- Calendars are also an easy way to keep track of goals. You may put a star or check mark on days you reach your goal.
- Apps can also be helpful. I use an App called "HabitShare" to help me keep track of daily or weekly goals I have for myself.
- What are some of your daily goals? Exercise, mindfulness, self-care, nutrition, journaling/writing time, gratitude, etc.

Journal Prompts

- What are your current rebuilding goals? Why are these specific goals important to you? Can these goals be broken down into manageable chunks?
- What roadblocks might keep you from making progress? How can you preemptively minimize these roadblocks?
- Who is someone who cares about your progress and can help keep you accountable?
- What is an easy way to record progress toward your goals.