

Stream of
Consciousness
Writing
with
Morning Pages

Journaling

Write at any time of day

More intentional

Self expression

Can use prompts

Record feelings

Inspire ideas

Express Gratitude

Affirmations

More focused

Motivational

Written dialogue

Reflection

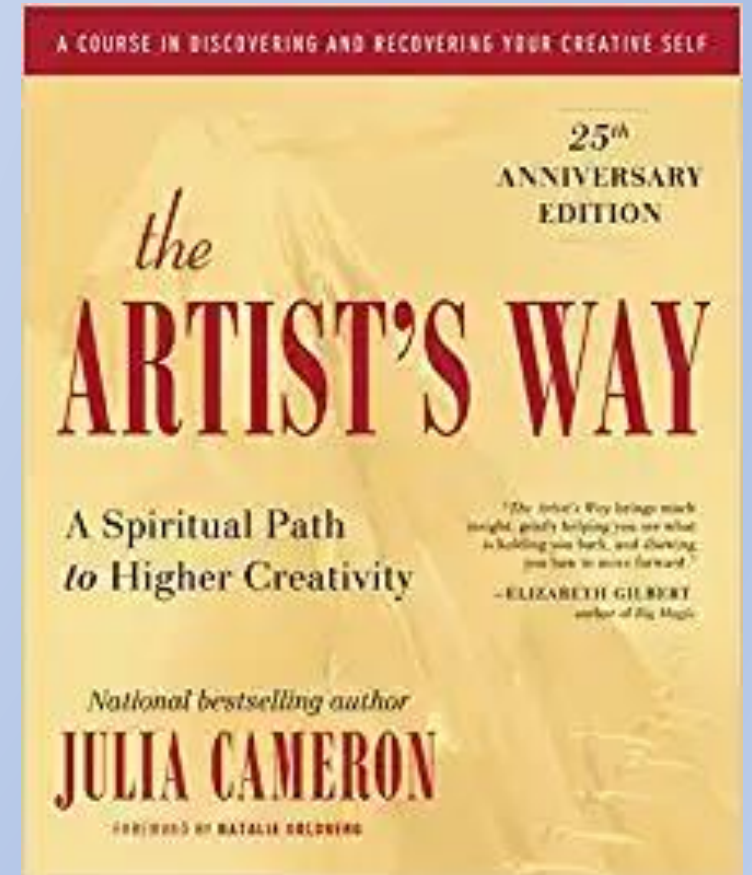
Include pictures, drawings, decorate

Stream of Consciousness Writing- What is it?

- Stream of consciousness is a **metaphor describing how thoughts seem to flow through the conscious mind.**
- The idea behind stream of consciousness writing is that **you write in a state of flow.**



Morning Pages



Benefits of Writing Morning Pages

- Discipline
- Clear Your Mind
- Process Emotion

Tips for Writing Morning Pages

- Do it first thing upon awakening
- Get comfortable
- Avoid distraction
- Just start writing
- Write longhand
- Throw writing rules out the window
- Fill up all three pages.
- Be authentic
- Realize there's no wrong way
- Never read your journal

**Commit to
Writing
Morning Pages
For
One Week**

Good morning
Morning page
Look at Kitty,
She's all stretched
out. The birds are
singing. It's going
to be a nice day.
Oh Jerry, what do
you say. I don't
know wait. Give
it time.

I'm still sleepy.
But I have 5
minutes, so I'll
keep writing my
back, & shoulders
ache. The ducks