



AUTHENTIC ARMOUR
philosophy + lifestyle

JOURNAL PROMPT:
EXTERNAL VALIDATION SEEKING

WELCOME TO THE WORLD OF JOURNALING

It's a powerful tool for self-reflection, exploration, and personal growth. If you're new to journaling, you might be wondering where to start or how to get the most out of this practice. Journaling offers a safe space to express your thoughts, feelings, and experiences, allowing you to gain insights into yourself and your life. Whether you're seeking clarity, healing, or simply a creative outlet, journaling can be a valuable companion on your journey.

Before diving into journaling, it's important to recognize that this practice is deeply personal and can bring up unexpected emotions or memories. While journaling can be therapeutic, it's not a substitute for professional help or therapy if you're dealing with significant emotional distress or mental health issues. If at any point you find yourself feeling overwhelmed or in need of additional support, don't hesitate to reach out to a trusted friend, family member, or mental health professional. Remember to practise self-care and listen to your intuition as you explore the world of journaling.



HOW TO USE JOURNAL PROMPTS:

SET THE MOOD: Create a peaceful and comfortable environment for journaling. Light a candle, play calming music, or find a cozy spot where you feel relaxed and focused.

CHOOSE YOUR PROMPTS: Select journal prompts that align with your interests, goals, or areas of focus. You can find prompts online, in books, or create your own based on what you want to explore.

SET ASIDE TIME: Schedule regular time for journaling in your day or week. Whether it's in the morning, during your lunch break, or before bed, consistency is key to building a journaling habit.

REFLECT AND WRITE: Read the journal prompt carefully and take a moment to reflect on it. Then, start writing freely, without worrying about grammar or punctuation. Let your thoughts flow and explore the prompt in whatever way feels natural to you.

DIG DEEPER: Use the journal prompt as a starting point for deeper reflection. Ask yourself follow-up questions or explore related themes that arise during your writing.

REVIEW AND REFLECT: After journaling, take some time to review what you've written and reflect on your insights. Notice any patterns or themes that emerge and consider how they relate to your life or goals.



JOURNAL PROMPT: EXTERNAL VALIDATION SEEKING

Identify one small step you can take to reduce your dependence on external validation. How can you cultivate a stronger sense of self-validation?

Reflect on times in your life when you felt confident and secure without needing validation from others. What factors contributed to these feelings of self-assurance?

Journal about your strengths, accomplishments, and positive qualities without seeking validation or approval from anyone else. How does this exercise make you feel?

Practice self-compassion by acknowledging and accepting your need for validation without judgment. How can you offer yourself kindness and understanding in moments of insecurity?

Visualize yourself as someone who is inherently worthy and deserving of love and respect, regardless of external validation. How does this perspective shift your mindset and behaviour?



Reflect on a recent situation where you sought validation from others. What triggered this need for validation?

How do you feel when you receive validation from others? How does it affect your sense of self-worth?

Explore any patterns or recurring themes in your behaviour of seeking validation from others. Are there specific situations or people that trigger this behaviour more than others?

Consider the underlying beliefs or insecurities that drive your need for validation. Where do these beliefs stem from?

Imagine a scenario where you no longer seek validation from others. How would your thoughts, feelings, and actions change in this scenario?

