

# My journey into journaling

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Over the course of just 14 days, I set out to form a new habit for myself: journaling. I wanted it to become a ritual, something I'd wake up eager to do and close my day with— a consistent moment of reflection amidst the chaos of life. Having been inspired by Peer 2 Peer's promotion of journaling during Wellness Week, I was immediately drawn to the idea of self-reflection. They showcased vibrant notebooks and stickers, encouraging individuality and creativity, which made the idea even more appealing to me. Journaling is a tool to take control of your emotions and improve mental health. It felt like the perfect time for me to start, as I was navigating the whirlwind of midterms, college acceptances and the uncertainty of growing up.

Like any new habit, the

journey wasn't without its challenges. Some days, I struggled to find the motivation to sit down and write. But every time I did, I discovered something new about myself—things I might never have noticed otherwise. Mornings became a time to focus on gratitude and set a positive tone with daily affirmations, such as "I am confident," or "I am proud of my accomplishments." These moments not only boosted my mood but also gave me a sense of hope and purpose to carry on throughout my

day. At night, journaling allowed me to reflect on how the day unfolded, identifying what went well and what I could improve upon for tomorrow.

The past two weeks were far from easy and held their own unique challenges on me both socially and mentally. Between the stress of midterm exams, the emotional rollercoaster of college decisions and the fear of the unknown, life has felt overwhelming for me recently. Yet journaling became my safe space — a place to process my ever-changing

emotions and a true outlet for those feelings.

The habit has left a lasting impact, and I believe it's one I can sustain. Journaling has shown me the value of taking time for myself, far removed from the distractions of a screen. To anyone considering it, I encourage you to give it a try. Whether it is journaling or simply carving out a quiet moment each day, these practices are vital for mental health and self-discovery.

## Isabella's journaling starter pack

### Highlighters



The Alohafter highlighters come in a six pack of aesthetic pastel colors, with soft chisel tip and are no bleed.

**\$7.45**

### Journal



The Five-Minute Journal offers many different prompts to help you start writing, and also gives you space to write your own prompts.

**\$10.00**

### Pens



The gel pens are perfect, because they are quick dry blue ink.

**\$8.00**

PHOTOS | Courtesy of Amazon

## Your turn: What new hobbies do you want to do this year?

By Sage Cole  
STAFF REPORTER



**FRESHMAN KATERINA NASIOU:** "I want to continue doing extra things in orchestra."



**SOPHOMORE BRANDON HILL:** "I want to do photography and take pictures of people and North's spring sports."



**JUNIOR JOELLE LATA:** "A new hobby that I would like to try would be something to do with a new sport, maybe if I got into pickleball or just another sport in general with my friends."



**SENIOR XAVIER SARNAIK:** "I want to start writing music."



**STAFF CHRIS SKOWRONSKI:** "There's a gym that I used to go to that I don't have time to go to anymore. It would be nice to go back there."