

Holding Steady

Journaling prompts for navigating change



From Belinda Bennetts Counselling

Dear reader,

Whether chosen or unexpected, life transitions can leave us feeling unmoored. Even positive changes can stir up uncertainty, loss, or exhaustion. You might be holding joy and grief all at once, or simply moving through days that feel unfamiliar.

Journaling can be a quiet companion through times like these. A gentle way to stay grounded in yourself. To pause, reflect, and notice what supports you, even when the path ahead is unclear.

This short guide offers a selection of prompts and reflections. There's no pressure to complete every one. Simply choose the prompts that resonate with you, or simply sit with the questions.

This is your space. Take your time, and come back as often as you need.

From my creative heart to yours,

Belinda

Grounding in Self

These prompts are an invitation to inwardly connect. To listen for what is shifting, steady, or in need of kindness.



What part of me is feeling the most tender right now and what does that part of me need most?



What does “steady” feel like in my body? When did I last experience that?



What do I want to carry with me from the chapter I’m leaving behind?



What helps me come home to myself when everything feels uncertain?

For each prompt, give yourself about ten minutes of writing time (more if the words are flowing). There is no right or wrong way to do this, there is only your way. You might respond with a word, an image, or a feeling. Let your journal meet you gently.

Leaning Into Support

Support comes in many forms. Friends, pets, memories, trees, music, community. This section invites you to explore the connections that help you feel held.



Who or what reminds me I'm not alone? Am I allowing myself time to connect with them?



When I look at my life from a wider view, what circles of support are present, even if quiet or subtle?



What relationships (human or otherwise) feel safe, steady, and nourishing?



What do I need more of right now? Who or what might offer that and in what ways?

Support can come from the simplest of things. Sometimes it's a look from your dog, or the way light moves through leaves. Let yourself notice these pockets of nourishment.



Closing Reflection

You are already showing up for yourself just by opening this guide.

Transitions are tender spaces. They call us to release, to listen, and to stay rooted in what matters. May these prompts offer you a steadying presence and may you find strength in unexpected places.

Keep writing. Keep listening. Keep following your inner wisdom.

About me:

I offer counselling for individuals who feel lost, stuck, or disconnected, particularly during life transitions including changes in identity, career, parenting, relationships, and migration.

My approach is warm, holistic, and grounded in both psychological theory and lived experience.

You can find me here: <https://belindabennetts.co.uk/> where you can join my mailing list to receive updates about new free resources and first access to my upcoming journal 'Staying Anchored.' For more resources, please scan my QR code:

