Ink & Insight Podcast

with Mind-Body Specialist, Nancy Bunt

Episode 6: 3/12/25

Overcoming Barriers to Journal Writing

Show Notes

In this episode of *Ink and Insight*, Nancy explores the common challenges that can hinder your journal writing practice—and, more importantly, how to overcome them. She breaks down the barriers many of us face, normalizing the struggles and reminding you that you're not alone. Nancy also dives into the true essence of journal writing and why it's so valuable. Plus, she shares 5 actionable steps to help you start or restart your journaling journey, along with research-backed benefits that show how journaling can transform your mindset and daily life.

Links

Website: https://www.nancybunt.com/

Follow me on social media if you'd like to explore my daily reflections and journal prompts:

Facebook: https://www.facebook.com/nancybuntmindbodyspecialist

Instagram: https://www.instagram.com/nancy.bunt/

Linkedin: https://www.linkedin.com/in/nancybunt/

Journal Prompts and Sentence Stems

Journal prompts and sentence stems are powerful tools to spark reflection and kickstart your writing practice. Journal prompts are questions or statements designed to inspire thought and help focus attention on specific emotions, experiences, or ideas. Sentence stems, on the other hand, are incomplete sentences that guide you to finish a thought, making them perfect for overcoming writer's block or prompting deeper exploration. Both can be incredibly useful for journaling, self-reflection, or creative writing. Enjoy exploring the list of prompts and sentence stems included in this episode.

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Journal Prompts

- What's one thing I'm grateful for today?
- What's something that's been on my mind?
- What do I need right now?
- What's one thing I want to let go of today?
- How am I using my power?
- What are some things that use to scare me that don't anymore?
- What is one thing I'm afraid to speak out-loud?
- Is self-care important to me? Why / Why-not?
- What are some things I'll never do again?
- What things am I glad I've done?

Sentence Stems

- My personal mission statement is…
- I'm a fan of…
- The best advice I ever received was…
- One thing I can't live without is…
- When I was young, I wanted to be a ____ because…
- I really shine in positions where I get to…
- My favorite inspirational quote is…
- I have an irrational fear of…
- The craziest thing I ever did was…
- In a zombie apocalypse, I would be the most useful for…
- In my friend circle, I am known as the…
- The top 5 things on my bucket list are…
- My biggest goal for this year is…
- Today I feel…
- If I had a theme song, it would be…