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Article

# Journaling Suggestions updates

Learn about important changes in Journaling Suggestions.

## Overview

Browse notable changes in [Journaling Suggestions](#).

## June 2025

### iPadOS support

- [Journaling Suggestions](#) supports iPadOS. Suggestions that the system generates on a person's iPhone sync over iCloud to their iPad.

### System notifications

- Register for system Journaling Suggestion notifications, which prompt users to reflect on recent moments. Refer to the notification schedule a person picks in Settings using [Journaling Suggestions Configuration](#). When a person taps a notification, the system launches [JournalingSuggestionsPicker](#) for your app when you implement [Journaling Suggestion Presentation Token](#).

### Event posters

- Receive suggestions of the [Journaling Suggestion . Event Poster](#) type for planned or attended events in Apple Invites.

# Location and workouts

- Distinguish work-related location suggestions using the `isWorkLocation` property, and receive information about the location from MapKit with `mapKitItemIdentifier`.
- Refer to the name of a particular workout suggestion with `localizedName`.

## June 2024

### General

- Support for landscape mode in your app.

### Motion activity

- Capture someone's run session as well as their mixed running and walking activity sessions with `MovementType`.

### Media playback

- Describe media content a person listened to. The system provides an instance of this structure to your app when a person chooses a media suggestion in the `JournalingSuggestionsPicker`.
- Collect asset content that includes other media playback sessions from other music or podcast Apps.

### State of Mind

- Suggest content to people that ask them to describe their state of mind. The system provides an instance of this structure to your app when a person chooses a state of mind suggestion in the `JournalingSuggestionsPicker`.

### Reflection

- Use reflection prompts in your app with `Reflection`.

### See Also

# Technology updates

## Accelerate updates

Learn about important changes to Accelerate.

## Accessibility updates

Learn about important changes to Accessibility.

## ActivityKit updates

Learn about important changes in ActivityKit.

## AdAttributionKit Updates

Learn about important changes to AdAttributionKit.

## App Clips updates

Learn about important changes in App Clips.

## App Intents updates

Learn about important changes in App Intents.

## AppKit updates

Learn about important changes to AppKit.

## Apple Intelligence updates

Learn about important changes to Apple Intelligence.

## AppleMapsServerAPI Updates

Learn about important changes to AppleMapsServerAPI.

## Apple Pencil updates

Learn about important changes to Apple Pencil.

## ARKit updates

Learn about important changes to ARKit.

## Audio Toolbox updates

Learn about important changes to Audio Toolbox.

## AuthenticationServices updates

Learn about important changes to AuthenticationServices.

 AVFAudio updates

Learn about important changes to AVFAudio.

 AVFoundation updates

Learn about important changes to AVFoundation.