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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 SuggestionsConfiguration](#). When a person taps a notification, the system launches [JournalingSuggestionsPicker](#) for your app when you implement [Journaling SuggestionPresentationToken](#).

Event posters

- Receive suggestions of the [JournalingSuggestion.EventPoster](#) 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`.
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See Also

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Learn about important changes to Accelerate.
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Learn about important changes to Accessibility.
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-  **Audio Toolbox updates**
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Learn about important changes to AVFoundation.