



# JOURNALING

## A GIFT OF SELF-CARE

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# Let's Journal!

## ABOUT ME

I am a transformation advisor and coach specializing in assisting individuals like you discover untapped potential by focusing on your holistic well-being.

It is my biggest honor to fully support my clients and guide them towards overall well-being throughout the life of our engagement.



After mentoring hundreds of professionals and through my own coaching practice I've discovered that the best tool for success is a strong mindset.

A strong mindset starts with small, incremental, progressive habits that slowly shift our inherent stories and our motivation.

Journaling helps us clarify our emotions and resulting behaviors that sometimes when left unexplored, can sabotage our progress towards well-being.

In my opinion, journaling is the best tool to maintain a healthy mindset and support you in your journey towards the highest version of yourself.

*Neysha Arcelay*



# FIVE BENEFITS OF JOURNALING

## **1. IT HELPS US ORGANIZE OUR THOUGHTS**

Journaling allows us to sort out our thoughts and identify thinking patterns that may hinder us from achieving our goals.

## **2. IT HELPS US WORK THROUGH OUR EMOTIONS**

Journaling enables us to understand our emotions and often, also identify the root of our internal stories.

## **3. IT HELPS BREAK THE CYCLE OF NEGATIVE THINKING**

Journaling helps to break away from the nonstop cycle of obsessively thinking and brooding over negative situations or experiences.

## **4. IT HELPS US KEEP TRACK OF OUR GRATEFUL MOMENTS**

The quickest way to change your brain's state is to identify something you are grateful for. Keeping a journal of grateful moments is the easiest way to boost your long-term well-being.

## **5. IT HELPS US CLARIFY THE VISION FOR THE LIFE WE WANT**

Journaling helps us imagine a positive future, which in turn enables positive emotions and optimism. Positive emotions enable us to receive opportunities and increase our chances of success.

# ADDITIONAL BENEFITS

**PROMOTE AND ENHANCE  
CREATIVITY**

**ENABLES US TO RECOVER  
FROM DAILY STRESSORS**

**HELPS REDUCE STRESS  
AND RELEASE TENSION**

**ENCOURAGES SELF-  
CONFIDENCE**

**PROPELS YOU TOWARD  
YOUR GOAL**

**HELPS IDENTIFY  
PATTERNS OF THINKING**

**HELPS STRENGTHEN  
YOUR INNER VOICE**

**IMPROVES MENTAL  
HEALTH**

# JOURNALING TIPS

- **DO NOT OVERTHINK**

It is ok to be unclear about how to start journaling. Just let the pen flow.

- **BREAK GOALS IN TO SMALL STEPS**

Break goals into smaller steps. Every evening write 2-3 steps that you want to accomplish the next day.

- **KICK THINGS OFF WITH AN INTENTION**

Intentions drive attention and power flows where attention goes.

- **FOLLOW WITH GRATITUDE**

Write 3-5 things you are grateful for. Try not to repeat from the day before.

- **KEEP TRACK OF YOUR PROGRESS**

You will be amazed at how much progress you've made in a few months.

- **AVOID INTERRUPTIONS**

Pick a time when you are less likely to be interrupted. Reserve that time in your calendar and treat it as the most important meeting.

- **REMEMBER THE JOY**

Write down 3-5 things that bring you joy. These will become anchoring memories when things are not going great.



# JOURNALING PROMPTS



- I INTEND TO...
- MY BIGGEST GOAL IS...
- I FELT THREATENED WHEN...

- THE BEST THING THAT HAPPENED TODAY WAS...
- I AM GRATEFUL FOR...
- I AM PROUD OF MYSELF FOR...



- TODAY I WAS CHALLENGED WITH...
- IF I WAS TO WRITE A BOOK THE TITLE WOULD BE...
- IF I WAS GRANTED MY DREAM DAY, I WOULD DESCRIBE IT AS FOLLOWS...



# JOURNALING PROMPTS



- MY PURPOSE IS UNCLEAR, BUT I KNOW MY PURPOSE IS NOT...
- THE FOLLOWING BRINGS ME THE MOST JOY...
- I AM MOST ENERGIZED WHEN I...

- MY BIGGEST ACCOMPLISHMENT TO DATE WAS...
- THROUGHOUT MY DAY, I DOMINANTLY FEEL...
- MY RECURRENT STORY ABOUT MY SITUATION IS...



- MY FAVORITE DAYDREAMING GO-TO PLACE IS...
- WHEN I WAS MUCH YOUNGER I WANTED TO BECOME...
- I CAN'T BELIEVE I WAS SO LUCKY THAT I GOT TO...





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