

The Blueprint of Wellness

Through Journaling



With Barbara Young

What is journaling?

Journaling is the practice of regularly writing down your thoughts, feelings, experiences, and reflections.

Kinds of Journals

Gratitude, Travel, Feelings, Dream, Reflections, Book, Art, Ideas, etc.

Benefits of Journaling

Increase in self-awareness

Enhances creativity

Increases mental health

Helps to achieve goals

Helps to manage anxiety

Help the quality of sleep

Help to discover behavior patterns that contribute to stress, anxiety and depression

Misconceptions about Journaling

It has to be done daily- Journal as you desire.

It has to be perfect- No it does not.

Your journal has to be expensive- Not true.

It's new and I'm going to mess up-

Beginning the journaling process is:

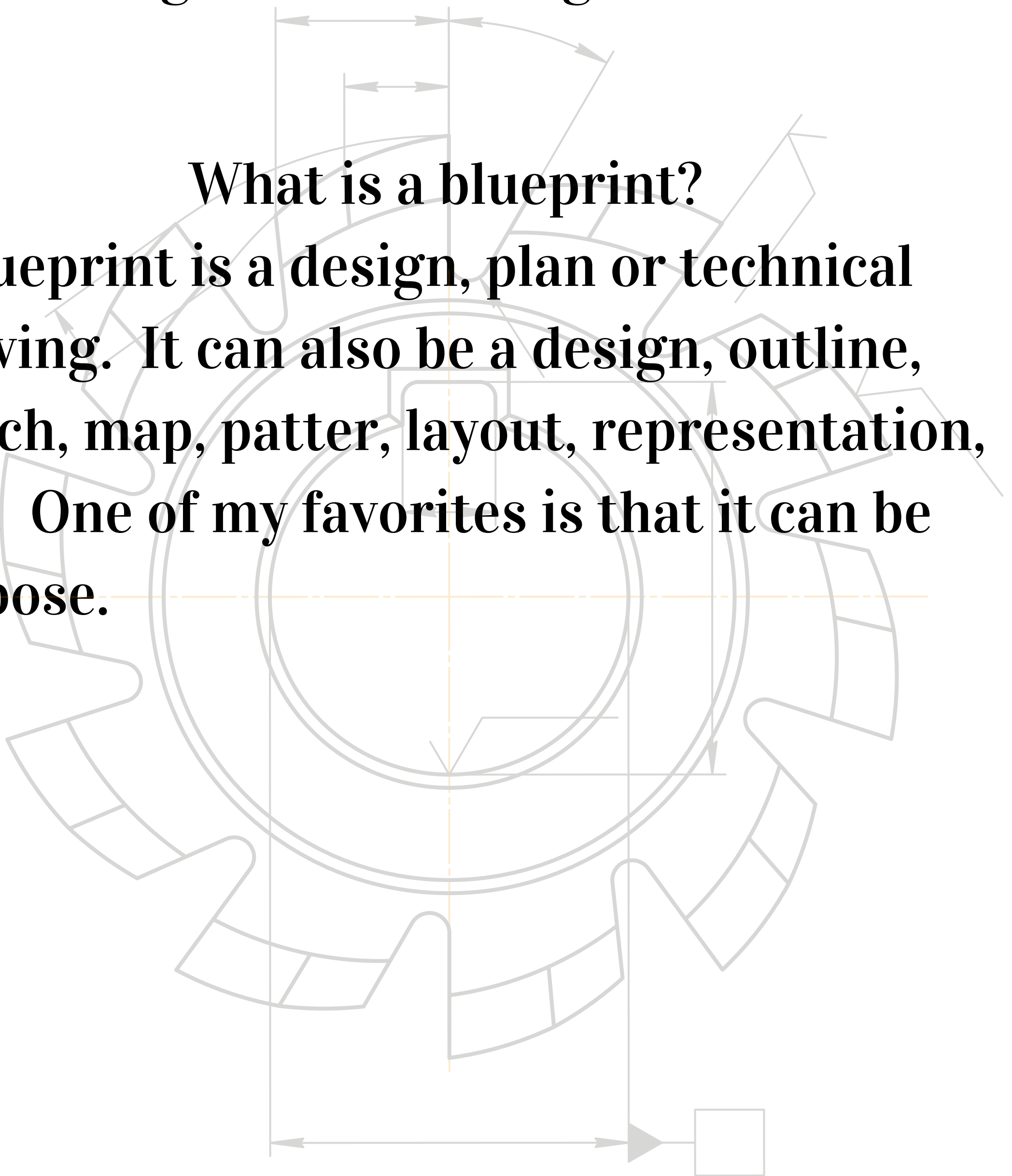
“Trial and better, not trial and error.” __Barbara Young

What is wellness?

The act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes so that instead of surviving we are thriving.

What is a blueprint?

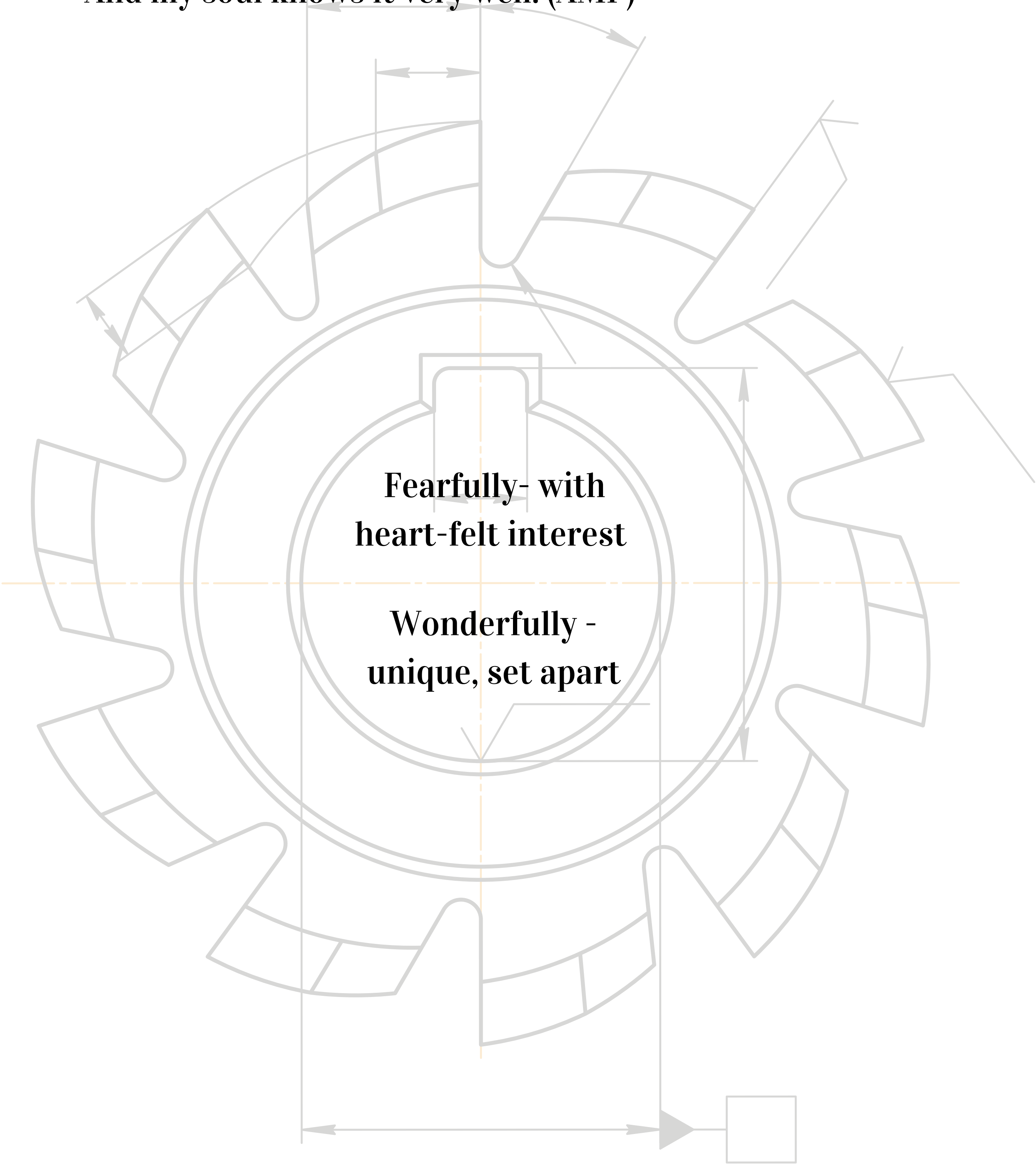
A blueprint is a design, plan or technical drawing. It can also be a design, outline, sketch, map, patter, layout, representation, plot. One of my favorites is that it can be purpose.



Journaling Your Blueprint

Let's embrace God's blueprint for us by journaling our way to wellness.

Psalms 139:14 I will give thanks and praise to You,
for I am fearfully and wonderfully made;
Wonderful are Your works,
And my soul knows it very well. (AMP)

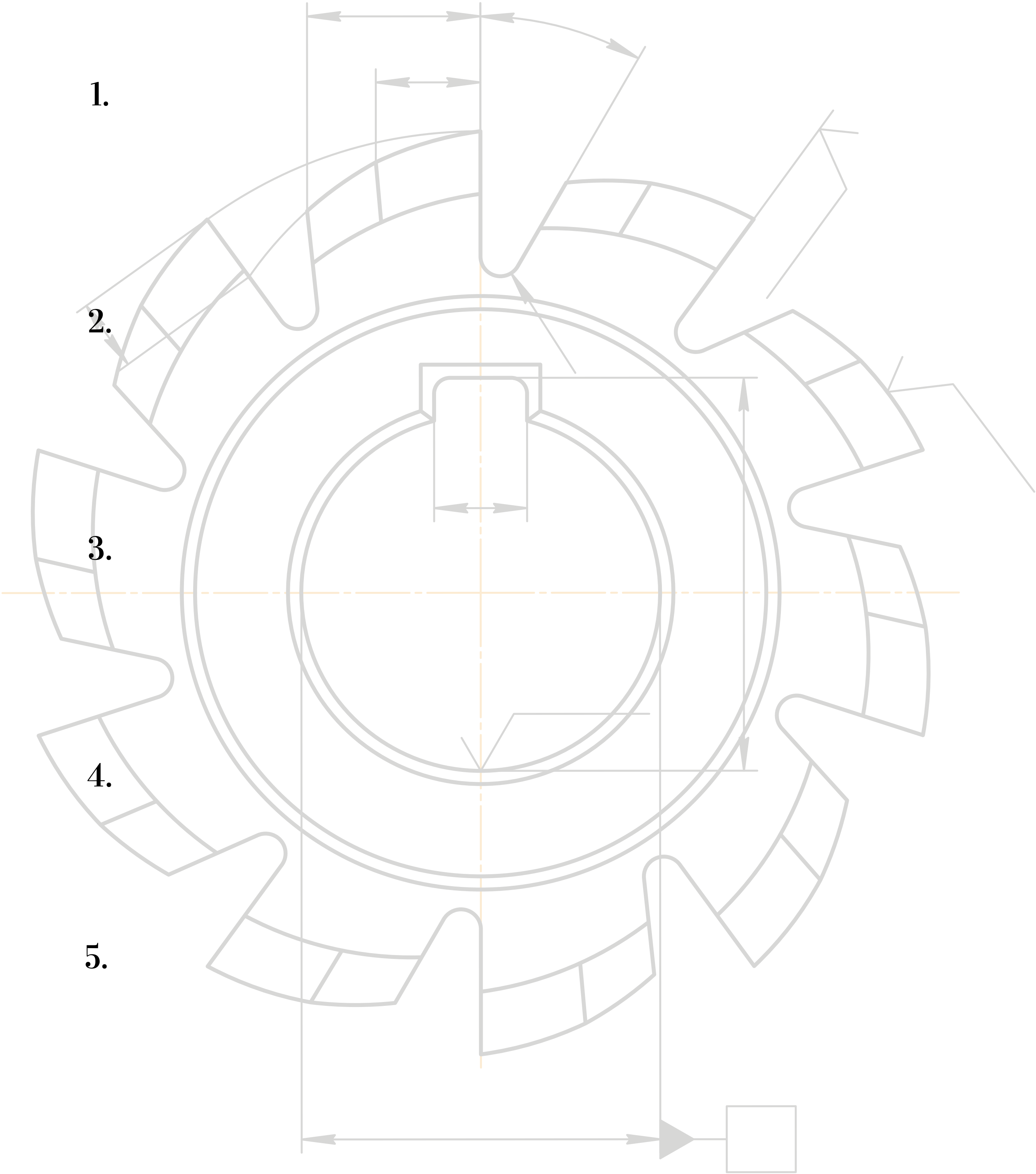


And my soul knows it very well.

Journaling Your Blueprint

**Psalms 139:14 I will give thanks and praise to You, for
I am fearfully and wonderfully made;
Wonderful are Your works,
And my soul knows it very well. (AMP)**

Write 5 positive comments others say about you.

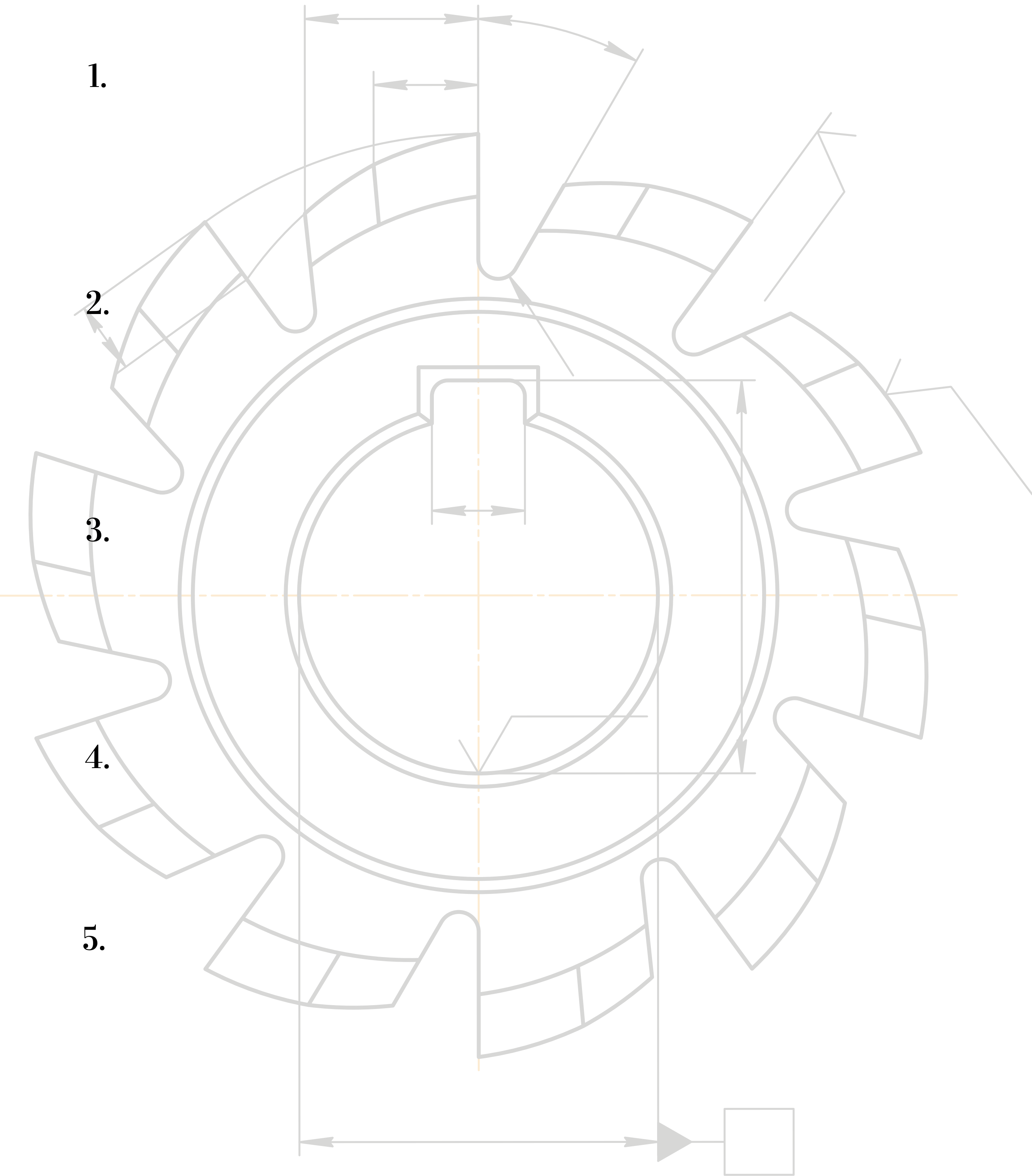


And my soul knows it very well.

Journaling Your Blueprint

**Psalms 139:14 I will give thanks and praise to You, for
I am fearfully and wonderfully made;
Wonderful are Your works,
And my soul knows it very well. (AMP)**

Write 5 positive thoughts YOU have about yourself.



And my soul knows it very well.

Ephesians 2:10 ESV

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Genesis 1:27 ESV

So God created man in his own image, in the image of God he created him; male and female he created them

Romans 8:37 ESV

No, in all these things we are more than conquerors through him who loved us.

Romans 8:1 ESV

There is therefore now no condemnation for those who are in Christ Jesus.

John 3:16 AMP “For God so [greatly] loved and dearly prized the world, that He [even] gave His [One and] [a]only begotten Son, so that whoever believes and trusts in Him [as Savior] shall not perish, but have eternal life.

Philippians 4:13

I can do all things through him who strengthens me.

Ephesians 3:12

In whom we have boldness and access with confidence through our faith in him.

Ephesians 1:5 ESV

He predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will,

1 John 1:9 ESV

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Isaiah 12:2 ESV

“Behold, God is my salvation; I will trust, and will not be afraid; for the Lord God is my strength and my song, and he has become my salvation.”

I encourage you to continue your journey to wellness by using the Scriptures in God's blueprint for your life. Journal in your own way at your own pace.

Our wellness journey is personal, so is our journaling process.

Remember, "Trial and better... not trial and error."

About Barbara Young

Life-long resident of Lake County, IL, Barbara Young is the founder of BON Purpose, the umbrella of Plan, Purpose & Promises and Co-Founder of Yoked Mentorship Programs. Both journal driven programs help youth to discover, embrace, and fulfill their Purpose.

She is also a Life Purpose Coach and CEO of All Things Purposed. All Things Purposed offers the following services, Life Purpose Coaching, Mentoring, Journal Parties, "Dream Girl" Workshops, Curriculum Development, and Personalized Devotionals.

Barbara's ability to encourage and simple teaching strategies has helped others to become more intentional about their lives.

She has written a devotional series, You Can Find Me Under the Psalms, (Psalms 23, Psalms 47 and Psalms 139), along with I Write Big and I Write Pretty-Life Lessons From My Garden and Secure The Bag Sis, and Be Secure In You Too. The series teachings were hosted via Facebook Live and viewers were motivated to live purposeful lives.

Her recently published book, The 7 Keys To Self-Awareness, Understanding Influence and Values offers valuable insights into personal development by providing readers with practical keys, in a safe environment empowering individuals to explore and enhance their own understanding of themselves and their impact on others.

The book also encourages readers to reflect on their values. It is a powerful tool for personal growth and decision making. It also serves as a valuable resource for anyone seeking to deepen their self-awareness and improve their relationships.

The 7 Keys To Self-Awareness, Understanding Influence and Values can be purchased online at Amazon.com.

www.AllThingsPurposed.com