



## GUIDE TO JOURNALING

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A great journaling practice can help all areas of your life. To help you get started, I have outlined the various ways I recommend to journal. In addition to enjoying the process, here are three things I strongly suggest:

- 1- Commit to journaling for 30-days.
- 2- Don't try to be perfect at this – look for progress, not perfection.
- 3- Just start. Today. Don't Delay.

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### STYLES OF JOURNALING:

#### **Free Writing**

Start with the first thought that comes to mind, and then just let the thoughts flow. Try not to overthink, just write down all the thoughts as they come until they naturally slow down. Once all the thoughts are down on paper, you will know you are finished. This “brain dump” is so helpful because the swirl in your brain is out of your mind and now down on paper.

#### **Journaling Prompts**

Ask yourself questions. That's it! When is the last time you asked yourself a question instead of asking someone else? This is a great way to get to know yourself, gain confidence in your thoughts/feelings, and begin to journal all at the same time! Many of us have questions that we are seeking answers to the outside of ourselves by reading books and/or listening to podcasts. Take those questions and use each one as a journal topic.

#### **Prayer in Journal Form**

There is something so powerful about the written word. I like to use my journal as an opportunity to thank the universe/God for all my blessings and identify areas where I need strength. This act of gratitude really grounds me. It's also telling for me to see the areas where I think I need additional help.

#### **Goal-Setting**

If you are a goal-getter like myself, then you will love having a journal to track your goals, your dreams, and your progress. Use this journal like an accountability coach and check in with yourself daily so you can track your activity. You can't reach your destination if you aren't actively working toward your goals. This is a space to dream really, really big!

#### **Gratitude Journal**

The practice of gratitude is so good for your mind, body, and spirit. Use your journal to write down 5 things you are grateful for each day. While big themes, like the health of your children, will always want to pop up but I encourage you to write down the things that made that particular day unique, like someone paying for your cup of coffee or sunshine after a stretch of rain. Notice how small things impact the quality of your day and therefore the quality of your life.