

# Module 1 : JOURNALING

This is a guide for you to use whenever you need a reminder of how to utilise the power of journaling. The more comfortable you can get with writing for You and to You, the more potent the connection you can create with yourself. You'll learn to trust yourself more, be your own cheerleader and answer all of your deepest questions. Use writing to support and get answers from Your higher Self, to gently and efficiently move through blocks.

Let's dive deep x

## Why journal ?

- Thoughts are something only you can know. Speech is when you use your voice to vocalise your thoughts. When you write you are changing your thoughts into the \*material\* form - this is where the MAGIC is. When you write - pen to paper, your thoughts are now on a journey of their own and have been released out into the universe. This is a powerful tool for moving through traumas, old patterns of behaviour and excitingly, creating positive change and manifesting! Wow!
- To create a deeper connection with Self by feeling comfortable to be completely open and honest with yourself – no filter !
- Through writing you can see specific \*patterns of behaviour\* and \*dialogue\* that you keep replaying over and over. By witnessing these replays you can become very familiar with them, work through them, replace them with beneficial ways of behaving and talking (to others and self), then release the ones that no longer serve you.
- Because no-one will ever or could ever know You more than You. Journaling is like being your own counsellor - your own cheerleader, all while enabling you to be accountable for your actions.
- It's a beautiful way to see your progress and growth on your life journey. Reflection and memories are such a special gift.
- It's a great way to capture the \*real moments\* of life – you can never remember little details of all the amazing (and intense) experiences you have. Through journaling you can record this and share the emotions you are feeling with the experiences you are living.

# How to journal ?

- K.I.S.S : keep it simple ... sweetie (the original is 'stupid', but that is way too harsh to use here)
- There should be absolutely no pressure to write ! Write for You – no one else – it doesn't need to sound good, look good or be good (meaning just positive talk).
- Write truthfully – if Johnny is upsetting you – write about it! If one of your parents / siblings makes you feel overwhelmed / pressured / annoyed / you don't feel seen or understood = write about it. If you have big wild amazing dreams = write about it. NO filter – all the things !!
- Keep it real !!!! Personally I don't see any benefit in just writing how sparkly and positive everything is. Unless ofcourse you truly feel like that. We all know life can throw its challenges and it is so important to acknowledge our thoughts, feelings and traumas. They want and need to be heard otherwise they will hang around, fester and hold us back. The big key is to acknowledge them, hear them, then nurture them and release them. This is one of the most important aspects of journaling. If you can be open with this it will become your greatest tool for life, promise!
- Make Time – you are SO worth it !!! If you struggle to find 2 – 3 minutes to write in your journal then this should be your *\*main concern\** and at the top of your goals to change. Nothing is more important than creating a little space just for you throughout your day. Remember, everyone gets the same 24 hours and You decide how you use yours.
- Write from the heart – and be kind. If you are unloading some intense (possibly negative) vibes into your journal, finish it off with something a little lighter. You can even create a 'call to action' to finish eg. 'I will talk to Susan tomorrow to tell her how I feel' or 'I am focusing on eating better starting now'. I always finish my journal entries with something like ..... 'keep it up lovely, I am so proud of you xx' or '..... love you xx'
- Get excited about writing in your journal ! This is so sacred and so special and with time you will appreciate it more and more. As females we need to process things to understand them and honour them, so embrace the power of writing things out to become 'the observer' of your own stuff, and most importantly get emotions and thoughts out of your head and out of your body.
- If you feel called you can write some words / journal entries on separate paper (or rip out the pages) and burn them, if you feel what you have written is on the heavier side, are worried someone might read it or if you're ready to 'fully' let. it. go. Use a saucepan and go outside and have a glass of water at the ready just in case. You can take your mini burning ceremony anywhere you wish, the park, the beach etc. Burning releases and clears things. Fire is such a powerful element of change. Tune into if it feels right to do this first though. You can also gather some friends or family and make it a group clearing of letting go and creating fresh new space. It can be nice to do this monthly in sync with the moon or with seasonal changes too.
- **ALWAYS write the date!** This is crucial for accountability, reflection purposes and memories.

# When to journal ?

- There is absolutely NO rule as to when you should journal. It can be anytime of day and as often as you like. You are in charge. However, I do HIGHLY recommend mostly journaling in the evening, or during the day if something has come up or you feel like getting cosy and writing. Night is much better and much more effective than early morning journaling as you want to clear from the day you have lived not bring old things into your fresh new shiny day. Journaling at night also ensures you can get a much (much!) deeper rest without lots of noise, emotions and thoughts stirring in your mind. Use this time of day to finalise any to-do lists also. There is nothing worse than waking up in a panic in the middle of the night with errands running through your head.
- Other great times to journal are if you're feeling stuck with your direction, if you are super excited about something or if you are feeling upset and trapped about a situation. Journaling is perfect for nutting out what you would like to create and any changes you wish to make in your life or within yourself.
- Your journal is there to help you, not burden you. Sometimes I journal 3 times a day other times I don't journal for weeks (I have a very comfortable relationship with journaling now so find it easy to pick it up whenever I feel it is needed). Journal when it feels good – if something exciting is happening, if you feel amazing, if you feel sad / tired, if you feel anxious or unsure, if you are wanting to plan something.
- Think of journaling like you're telling your bestest friend or partner about what's happening right now - but imagine there is absolutely no judgement from them, they are just all ears with no response. Tell it like it really is – in real words and get creative with it! Add the 'ohhh's' the 'OMG's', the '!!!!!!' EVERYTHING !!
- Sometimes you may find yourself having serious epiphanies, aha moments or full downloads coming in when you're not near your journal, often it's when we're driving. Always have a notepad and pen in the car plus a big wad of blu tack – pull over, write down the goodness then stick it to the dash of your car. You can then transfer it into your journal or to-do list once you're back home. This also ensures you are present while driving and not stressing about remembering whatever came to mind!
- Gratitude Journaling : this is all the hype now and I'm just going to say it - I think it's overrated and I believe it can easily overwhelm people to keep sprinkling shininess on things that aren't truly shiny. Gratitude isn't about writing your top 3 things for each day that you are grateful for - gratitude is a living experience. Look around yourself and your world each day instead and be grateful for the little things. This is part of being mindful OR present. You can also use small rituals throughout your day to be specifically grateful during that time. I light an incense stick each morning as part of my morning ritual and give thanks.

# Other journaling Tips

- Using the 'Notes' section of your phone – I often use this for ideas, but, don't forget the power lies when pen and paper combine! I'll often come up with ideas or new ways I want to be or amazing aha's and then write about them in my journal or onto some notes to file in manila folders labelled things like 'business ideas' etc.
- Utilise the 'voice memo' app on your phone. This is a great tool if you're needing to 'talk something through' and the other person may not be so open to hearing what you have to say. Or if you are needing support and are feeling a little nervous about sharing it with someone. It is incredible how things can change once we talk them out – especially for us ladies!
- If you are ready to release something you've written then always rip it up. I actually rip every single bit of paper in half that leaves my home ! Yup! Try it, you'll see how cathartic it is. If you want to go an extra step, burning words is very cathartic and powerful, as mentioned previously. You can scatter the ashes in your garden or away from your home.

## MODULE 1 RECAP

- Journaling is a powerful tool to move through trauma, break old patterns of behaviour, manifest dreams and understand yourself on a deeper level, all while building a powerful and truthful connection with yourself.
- K.I.S.S. : 'Keep It Simple Sweetie' | keep it real | make time, you're worth it | let it all out
- best time to journal is in the **evening or before bed** (especially if sleep is easily broken or it's hard to fall asleep) and any time that feels good or emotions or thoughts are running high
- **ALWAYS write the date**
- rip and/or burn if something you have written feels heavy or serious clearing is wanted
- have fun with journaling, even the darker sides - it's good to get it all out, but always end on a positive x

**Using your journal begin getting more comfortable with writing. If you feel stuck to start, practice just telling your journal where you are at right now.**

**"What did you do today ?" "How was your week ?" "What would you love to learn and implement from this online program ?"**