

healthy habits + manifestation masterclass



MODULE 1 - GUIDE NOTES

Journaling : why, when, how
Changing Your Dialogue
Affirmations

JOURNALING : why. when. how.

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 you can create an incredible connection with You - you'll learn to trust yourself more, be your own cheerleader and answer all your deep questions.

Use writing to get answers from Your higher Self and support Yourself to gently and efficiently move through blocks. Enjoy x

Why journal ?

- Thoughts are something only we can know. Speech is when we use our voice to vocalise our thoughts. When we write we are changing our thoughts into the **material** form - this is where the MAGIC is. When we write - pen to paper, our 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.
- To create a deeper connection with Self by feeling comfortable to be completely open and honest with ourselves – no filter !
- Through writing we can see specific **patterns of behaviour** and **dialogue** that we keep replaying over and over. By witnessing these replays we can become very familiar with them and then work through them, replace them with beneficial ways of behaving and talking (to others and self) then release the ones that no longer serve us.
- 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.
- 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 we can record this and share the emotions we are feeling with the experiences we are living.



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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.
- Personally I like to journal at the end of a day or at the time of feeling stuck with my direction, if I am super excited about something or if I am feeling upset and trapped about a situation. I also love journaling when I am nutting out what I would like to create and any changes I wish to make in my life or within myself.
- 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 your 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 I find myself having serious epiphanies, aha moments or full downloads coming in when I'm not near my journal, often it's when I'm driving. I always have a notepad and pen (several) in the car plus a big wad of blu tack – I pull over write down the goodness then stick it to the dash of my car. I can then transfer it into my journal (or to-do list) once I'm back home.



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How to journal ?

- K.I.S.S : keep it simple sweetie (original is 'stupid' but that's not very nice)
- 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 = 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 here 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, I promise.
- Make time – you are 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.
- 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 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.



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How to journal continued

- If you feel called to you can write some words / journal entries on separate paper (or rip out some pages) and burn them. When I do this I use a saucepan and go out onto my balcony and have a glass of water at the ready just in case. You can take your mini burning ceremony anywhere you wish. Burning releases and clears things with fire being such a powerful element. Tune into if it feels right to do this first though. Often you may wish to burn something you've written if you feel ready to let it go, or you are worried someone may read it.
- ALWAYS write the date!

Other tips when journaling

Using the 'Notes' section of your phone – I often use this for ideas, but, the power lies when pen and paper combine! I'll often come up with ideas or new ways I want to be and then write about them in my journal.

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 up every single bit of paper that leaves my home ! If you want to go an extra step burning words is very cathartic and powerful. As mentioned above You can also scatter the ashes in your garden or away from your home.



CHANGING YOUR DIALOGUE

Start tuning into what you are actually saying

To yourself : through writing and in particular your thoughts

To others : loved ones, friends, family, colleagues, acquaintances, random people in your community.

Nb: Through writing it is very easy to see the dialogue we are using

STEP 1 : Your 'common' dialogue

Notice if there are certain things you are repeating regularly.

You may notice there is a particular narrative – or story telling that you naturally use.

Nb: tune in to see if *SELF FORGIVENESS* plays a big role here = forgiving yourself for struggling with this in the PAST will allow you to move through blocks quicker and easier. You made decisions in the PAST with your ability and knowledge at the time .

- Start simply – choose 1 phrase you notice yourself saying regularly.

Example 1 :

"I've always had weight / skin / money / work / boyfriend issues."

"There's no good guys left / it's so hard to find good girlfriends."

"I have no time / I just don't have time right now."

"I'm always tired / I'm just so tired."

"I don't know how to cook / be organised / write."

"I don't know what I like / want / need."

STEP 2 : Owning vs Feeling

Once you have noticed some of your main repeat dialogue phrases start viewing them differently. Move away from an 'owning' of it and change it to a 'feeling' of it.

Example 2 :

Owning = *"I never have time for exercising."*

Feeling = *"I feel like I never have time for exercising."*



STEP 3 : Into past tense

Now change your dialogue to a past tense – imagining it used to happen and now it doesn't. We want to put an end to this pattern so it doesn't keep repeating.

Example 3 :

"I used to feel like I didn't have time for exercising."

STEP 4 : What are you doing to change this ?

Come up with a solution to your issue. Be truthful.

Do you struggle managing your time but sit scrolling on IG for 1 + hours a day ?

Do you struggle to exercise (move your body in any form) each day but watch 1 hour + of Netflix each night ?

Do you struggle to prepare nourishing meals for yourself but socialise lots ? - phone calls, coffee catchups, family gatherings.

Example 4 :

"I used to feel like I didn't have time for exercising, but I stopped watching Netflix each night so I can get up earlier and move before work."

"I used to feel like I didn't have time for exercising. Now I choose how often I socialise each week to make more time for me."

"I used to feel like I didn't have time for exercising, now I've made it a non-negotiable of mine."

STEP 5 : What does it feel like to have made this change ?

Tune into what it would feel like to be able to do the thing you were using negative dialogue about. How do you feel physically ? Psychologically ? Emotionally ? Spiritually ?

Example 5 :

"I used to feel like I didn't have time for exercising. Now I make sure I make time for it and I feel so much stronger / leaner / fitter / better / happier in my body / I feel so much clearer in my mind / I feel so much calmer / more balanced with my emotions / I feel so much more in flow."

To sum up example 5 > > >

"I feel so good that I am prioritising moving my body, for Me."



STEP 6 : Keep on top of it

Using better dialogue is a **lifelong lesson**. Stay on track by regularly checking in about what you are saying / thinking to yourself and others.

When you catch yourself with a negative limiting phrase – get it and resay it. Don't be hard on yourself, laugh it off - *"Wow, how did that one sneak in "*

If you are noticing it repeating jump on it and write down the positive version of it to keep you focused on changing that dialogue permanently.

STEP 7 : Keep it real

There is definitely a fine line - you can overdo a good thing. Tune in to a healthy balanced dialogue. I believe there is such a thing as too much sparkle, rainbows and lollipops. If things are tough, acknowledge that they are tough. Then work at pulling yourself out of the funk. Plus it's not fun being around people who are over-the-top positive either – it's about a healthy and real balance.

It's ok to not be shiny all the time – its actually completely unrealistic to think you can be.

It's ok - and important - to feel ALL the feels. The concern is if we **hold** onto them. Overall, we can always dedicate our time and love to liberating ourselves from patterns of behaviour (this includes our dialogue) which are holding us back, keeping us small and burdening us from being our best self.

These are 2 other important aspects of changing your dialogue you can play with :

What you say to others

"you don't listen / you're not listening"

> > *"I feel like I'm not being heard right now / about"*

Switching words - what are you projecting

Example : "busy" > "abundant" or "that's crazy" > "wow"



AFFIRMATIONS

These are encouraging phrases that light us up, motivate us and keep us on track. Very important ! There is no point in drowning yourself and smothering your walls in positive sparkly mantras and affirmations made by others. Keep it super clean.

Our mind can be overrun by positive things too! Everything we see each day is creating a form of noise that we need to process. Too much and we can feel overwhelmed. Imagine how clear just 1 distinct affirmation is targeted directly at you created by You – opposed to having 10 (or more) quotes created by other people. This is where massive change can happen very quickly – by keeping it clear and concise.

Creating affirmations is actually very simple – especially if you utilise what you have learnt from the **‘Changing Your Dialogue’** part.

Using examples of improving our dialogue create one affirmation for You right now, in this moment. I suggest your example 5 is a great start.

Example 5 :

“I feel so good that I am prioritising moving my body, for Me.”

Using a white board marker, lovingly write your affirmation on your bathroom mirror OR alternatively lovingly write a note and stick it on your bathroom mirror. Whenever you see it – truly look at it and read the words you have written. That’s all ! Easy Peasy !

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Action Checklist

MODULE 1

 journal - for You
aim for 3 minutes 3 x this week in
total - You are worth 3 minutes
include 1 obstacle that is holding
you back. why is it ?

 choose 1 'common dialogue'
that you use and change it to a
more positive version following
steps 1-7

 write this version as your
affirmation on your bathroom
mirror (whiteboard marker / paper
and stick on) and keep it there for
the duration of the course

