



Journaling:

Journaling is one of the most recommended tools to have a clearer mind and a happier life.

It helps you to release mental blockades and be more precise about your thoughts.

Journaling has been amazing for me to help understand my desires, priorities and worries.

Journaling is so much more than writing a diary. It gives you an opportunity to let go of what is going on in your head and release stress.

Journaling allows you to practice self-reflection and really get to know yourself better.

Rather than writing down actions taken and things to do like in a diary, journaling is writing down thoughts, feelings, emotions and desires for the future.

Planning the small steps you will take to reach your bigger goals and noting the journey of achievement.

Writing helps to structure thoughts and experiences. This structure and clarity in return helps to assign a meaning to our problems and solve them with ease.

Once a week is enough to start if journaling is new to you. Journaling is about being honest with yourself - Note down what went well and what went wrong over the past week.

What successes did you have and what you want to improve next week - **remember, there is no such thing as failure!**

You can journal about: Gratitude, New learnings and Emotions. I find journaling in the morning is best for me because I then get a clear head and start the day with clarity and focus.

Time permitting, I then journal in the evening to reflect on the day and released any tensions so I can fully relax for a good nights sleep.

You can journal in a notebook or on an electronic device, whatever resonates with you best.

If you would like a template to use as you begin your journaling please feel free to use this one:

Daily Affirmation:

I am

Write down what you are grateful for:

Write down what actions you will take today to make it wonderful....

- 1.**
- 2.**
- 3.**

Write down three amazing things that made today wonderful.....

- 1.**
- 2.**
- 3.**

Write down how you could have improved today:

**When you get used to reflecting on the good things in your life your mind will focus in on those things during the day.
When we focus on something we see more of it.**

**Self-reflection is a life-long practice.
It takes time to learn a new skill and time to practice it through our different mindsets.**

**What is important to us is what drives us in the long run.
Take time to get to know yourself and discover what drives you.**