

About Journaling



It's easier than you think

If you're like me, you want to know why, why is this helpful, why do I need to do journal? So, the 'why journal' section is first. If you'd rather go straight to how, scroll on down and go for it.

Just try not to spend too much time at Officeworks or Kiki K or Smiggle or the Metropolis Bookshop or Zetta Florence – do I need to go on?

On second thoughts, go wild, pick up and feel every notebook, and journal, and pen until you find a combination that works for you.

There will be a lot of things for you to think, and write about during the course, so make sure you give yourself the space and time to write.

Journaling is going to help you become more conscious of your actions, feelings, thoughts and beliefs. You might find yourself tracking your mood and seeing patterns in your responses, such as certain people or situations that trigger certain responses in yourself.



No one is going to check your journal except you. It belongs to you, there will be no editing, no correcting. There is no right or best entry, you can't get this wrong. So just write anything and everything you think, feel, do and believe.

Why journal?

The greatest benefits are when you tell your story, the whole story, it can make a real difference in your wellbeing and your life.

Here are just some of the reasons to keep a journal:

1. An awesomeness journal can do wonders for your self-esteem.

For those days when you wonder if it's all worth it. If you have a record of some of the fabulous things you've done, some of the great comments from friends, family, colleagues and clients – you can whip out the journal and spend a few minutes reminding yourself how awesome you are and what a great job you've done.



2. A gratitude journal can do wonders for your joy meter.

Gratitude takes up space in your brain that anxiety or fear might otherwise occupy. And there's a whole lot of science that points to gratitude improving your health and wellbeing through the stimulation of the autonomic nervous system. In short, it calms things down. And helps you remember that there are many, many things to be grateful for.

3. Regular journaling has practical benefits

You can keep a work diary of events, tasks mistakes and successes. You can keep a journal of milestones your children have reached or funny things they've said and done. The last type of entry is very helpful when you're putting together a speech for your children's 21st birthday or wedding.

4. Regular journaling has mental health benefits

It can give you a safe, cathartic release for the stresses of daily life.

It makes you feel good and helps you relive the events you experienced in a safe environment where you can process them without fear or stress.

Journaling about stressful events helps you deal with the event you experienced – the key is to focus on what you were thinking and feeling – not just emotions.

When do I journal?

Whenever you feel like it is a good place to start. But, it's really helpful to set up your journaling as a ritual, a routine that you can repeat at the same time everyday. Setting up the ritual helps us change behaviour and helps it stick.

You can journal very morning while your having breakfast, or as soon as you've dropped children off at school, or with your first cup of tea. Evenings are good as well, keep your journal by the bed, and jot down your thoughts about your day or your week.

You might prefer fewer times, so pick one or two days of the week when you know you'll have time to sit and think and write. You can jot a few quick reminder notes throughout the week, and then sit down on Sunday night to journal, contemplate the week that was and plan for the week that will be.



What do I need?

- Paper
- Pen
- +/- Privacy (you can do it anywhere there is no one looking over your shoulder)

Seriously – that's it.



Now, we can get more complicated, and go into the type of paper, book, binding, pen or pencil, but in the end – use what feels good and don't overthink it.

If you don't want paper (really?), why not?

Then start simple, and open a Microsoft Word document, or OneNote or Evernote.

Or you can try an app like [Penzu](#), an all-online private journaling webapp with mobile apps, and [Day One](#), a good looking iOS/OS X app that's location-aware, lets you add photos, and more.

If you prefer free and open-source, try [RedNotebook](#). It's a fantastic wiki-style journaling tool that's cross-platform (thanks [lifehacker.com](#) for those last tips).

How do I journal?

Journal Writing Prompts

You can start with dot points, or use a stream of consciousness.

Don't stop for grammar and political correctness, no one is going to see this except you.

Use different colour pens, or the same one.

Doodle in the margins or draw pictures all over the page.

Stick things in or just write words.

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Whatever suits you.

Let your journal get messy.

There will be new prompts with each Remarkable Life module, so just pick one or two that work for you and make a mark on the page now. Even if it's just the date.

Here are a few journal prompts to get you started if you're a novice, or to challenge you to greater depths if you're a seasoned journaler.



A Journal Before and After use

Write about Today

- Write a shopping list of things you need to get for dinner tonight
- Write about what you did today, add doodles to your entries if you feel like it.

Write about Yesterday

- Write about your childhood or your school life
- Write about last week or last year when something amazing happened

Write about Tomorrow

- Write down how you can improve your life (get a head start on the program now)
- Write about places you want to see, holidays you plan to have, anything that's on your bucket list – do you have a bucket list?

Write about Yourself

- What brought you joy today?
- What made you sad today?

For serious and not-so-serious journal writers, you can try Wreck this Journal...

For a little fun check this short video out (6:23 mins):

<https://www.youtube.com/watch?v=vHrACxbqjU>