

10 Tips for Transformational Journal Writing

Please enjoy this month's tips, generously written especially for *Living the Dream* readers by Soli Goodes, owner of Journal Junky. To see Soli's beautiful journals, visit her website www.journaljunky.com.au.

My clients often comment on how useful and fascinating they find the process of capturing and reviewing the insights they've had during their coaching sessions in their coaching journals.

Here are Soli's 10 tips for transformational journal writing:

- 1. Don't hold back:** To get the most from your journal, it needs to be a place for true, deep, authentic, unbridled, open, passionate, honest, fearless, real expression of self. In short, tell it like it is. Being completely honest with yourself might mean that you need to take steps to secure the privacy of your journal so you feel confident that it is in a safe place.
- 2. Journal your whole self:** Use your journal to connect with yourself - mind, body and spirit. Simply by the way that you start your journal entry you can choose which aspect of yourself will be expressed. For example, *I think* comes from the mind, *I feel ...* can express both the physical sensations of the body as well as the emotions you're experiencing, *I guess ...* or *I imagine ...* allows you to call forth your creative, wise soulful self.
- 3. Be clear:** When you're not sure what to do next, journaling can be a quick cure. Writing down everything that's on your mind helps clarity emerge from confusion and overwhelm. Once it's all in front of you in ink on the page, you'll soon see what feels heavy and hard vs. what feels like your inspired next step. If you've written everything down that ails you and you're still feeling stuck and unsure of how to proceed, journaling the following statement as many times as you can, will help you get back to possibility thinking, '*If I wanted to I could ...*'
- 4. Grow to love you:** Like all relationships, growing in love and appreciation for yourself will come as a direct result of your intention to do so. Taking the time to get to know yourself deeply through journalised self-enquiry is a lifetime's worth of entertainment. Here are a few simple enquiry starters (finish these statements as many times as you can): '*I love myself, therefore I ...*' '*I am most afraid of/that ...*' '*I love ...*' (What do you love? Write down everyone and everything that you can think of.) '*I'm happiest when ...*'

For more business and life coaching tips to help you achieve your goals and create and live the life you've always wanted, visit www.blueskycoaching.com.au or to find out how you can work with me personally, contact Tania below.

5. **'Shoulds' and 'Have to's' can suck the joy right out of one's life:** 'Should's' and 'have to's' are generally the fruit of guilt, obligation and limited thinking. It can be an eye-opening experience to take the time to list all the things you think you should do and all the things you tell yourself you have to do. And just check, are these activities really in alignment with who you really are and the life you're here to live? Are you able to let go of some or all of these? Can you delegate any? Are you able to see that some are in fact things you 'want' to do and can now feel free to view in this much more joyful light?
6. **Gratitude is a powerful transformational practice:** Journaling a list of all that you're grateful for, as often as you can, will truly change your life. The more often you ask your mind to shift your experience to everything that's great, the more your mind will make a habit of looking for what's right with the world. And, before you know it, your whole perspective will shift to one of abundant gratitude for the amazing life you live. *'I am grateful for/that ...'*
7. **Heal emotional pain:** You can use your journal to help heal any area of your life that's causing you pain. Often times we bury our emotional pain in our bodies. Using your journal, you can call back into your consciousness energy ready for release. Spend some quiet time completing this statement to discover what you could choose to let go of and heal: *'If I wanted to, I could forgive ... for ...'*
8. **Vibe high:** It's been said that, energetically, our vibration is equivalent to the 5 people in our lives with whom we spend most time. That being the case, it's an interesting and worthwhile exercise to journal a list of all the people with whom you spend most time. You can then work through the list, putting a plus or minus next to each name, to indicate if this person uplifts and energises you or drains and depletes you most of the time. This is powerful information if you allow it to guide your decisions about with whom you spend how much time. You might be surprised by what you discover.
9. **Need closure?:** If you have any people living or passed in your life with whom you have unfinished business, you can use your journal as a tool to help you gain closure. By writing a letter to the person you wish to complete with, you are able to freely express anything needing to be said. It's amazing how the simple act of writing this letter in the privacy of your own journal can really make you feel heard and become willing and able to let go.
10. **Celebrate you:** It is said that what we appreciate, appreciates. Taking the time for some self-appreciation in your journal is a fun and valuable practice. There are lots of ways to do this - such as creating a success log, where you can record every one of your achievements, big and small, that you can remember, adding to your log often as you go on living and achieving. You could also make a list of all the qualities and attributes you like about yourself. Taking the time to notice and write what's great and lovable about yourself feels good! And, ultimately, your journal is all about helping you feel better all the time.

For more business and life coaching tips to help you achieve your goals and create and live the life you've always wanted, visit www.blueskycoaching.com.au or to find out how you can work with me personally, contact Tania below.