

Build a Lasting Journaling Practice



14 DAYS JOURNALING CHALLENGE

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INTRODUCTION

Journaling is most powerful when you make it an essential part of your everyday life. You no longer have to think about it or struggle to make time for it; it is simply a ritual you do as naturally as taking a shower or making a cup of coffee first thing in the morning.

Building a regular journaling practice leads to tangible rewards in all aspects of your life. You release stress, emotional build-up and baggage that is holding you back. You overcome challenges, changes and hardships. You heal wounds, relationships and illnesses. You get insight into what you want and who you are. You clear a path to pursue a happier, healthier and more fulfilling life.

How to Build a Journaling Practice

Journaling is the best present you can give to yourself. So why does it seem so difficult to make it regular habit?

If you struggle with journaling regularly or you are new to the practice and not sure where to begin, you are not alone. The most common sentiment we hear in our community of journalers is, “I want to make journaling a part of my day-to-day life, but I’m having a hard time keeping it up.”

This book is designed to help you overcome this common challenge. Over the next two weeks, you will create the foundation for a lasting journaling practice. Through daily reflections and exercises, you will explore a few of the many ways journal writing nourishes, supports and energizes you through constant motivation, renewal and inspiration.

This book is just the beginning of your journaling journey. Once you complete this 14-day challenge, you will have the confidence and passion to keep going.

Let’s get started!

DAY 3

FIND YOUR JOURNALING STYLE

There is no right or wrong way to journal, and your journaling practice is customizable to your needs and objectives. You may have one main motivation for wanting to start journaling – such as dealing with stress or staying focused on career goals – or many overlapping reasons.

As you begin to find your own journaling style, test out new ways of writing to see what clicks with you. Do you like having just one journal where you can write about anything, depending on the day? Do you prefer having several different journals that you separate by theme (for example, one for food and exercise, one for gratitude, one for emotional health)?

In today's journaling exercise, you will try a few different journaling approaches to get a taste of the possibilities. Keep an open mind, and see what gets you excited to write.

Journaling Exercise #3



1. For each of the following prompts, set a timer for 10 minutes. Start writing and keep your pen moving until the alarm sounds.

Free-Writing

The simplest form of journaling is stream-of-consciousness writing. This means you take all the jumbled thoughts – the good, the bad and the ugly (or the seemingly nonsensical) – and channel them onto the pages of your journal.

Write down everything that crosses your mind. Don't worry if you jump around

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from topic to topic or if you fixate on just one problem that's bothering you. Try to catch yourself when you start to judge, edit or censor yourself while you're writing. This is a normal inclination, but dismiss it as you continue to sweep out all the junk cluttering your mind and distracting you. Self-critiques, worries, dreams, fears, joys, complaints – share them all with your journal.

Q&A

This journaling method is especially powerful when you are having trouble processing emotions, making decisions or solving problems. Start a conversation with your journal, asking questions and searching within yourself for answers. Try to keep writing continuously without getting too fixated on finding the “perfect” answer to each question. Write down the first responses that come to mind. Reread your question-and-answer sessions with fresh eyes at a later date to reveal new insights into how you think about different topics.

Daydreaming

Journaling about the future is an exercise that is both playful and productive. It gives you a space to explore your ideas, dreams and goals – no matter how wild – allowing you to visualize them in realistic detail. This process helps you identify what you value and what you want in life, an essential step toward making it a reality.

Give yourself a journaling prompt where you imagine the future. This can be something vague, such as, “One day, I...” Or it can be more specific, such as, “In six months, I will be on a plane to...” Start writing, and let your imagination and creativity out!