



CREATE  
WRITE  
NOW

# Peace of MIND AND BODY

## 27 DAYS OF JOURNALING

*to Health & Happiness*

by Mari L. McCarthy

*Journaling for the Health of It!™*

## Why This Workbook?

What if I told you that you could significantly increase your health and happiness in 27 days? Would you believe me?

Well, believe me. And if you're reading this, you've already taken the first step forward.

I'll tell you right now that if you're not able to commit for 27 consecutive days, you can put this workbook down until you are able to commit. And don't plan on just skimming the text and doing the exercises later, when you "have time." This is called a workbook for a reason, because you have to participate and do the work! That's where the change happens: not in what I say, but in what you do with it.

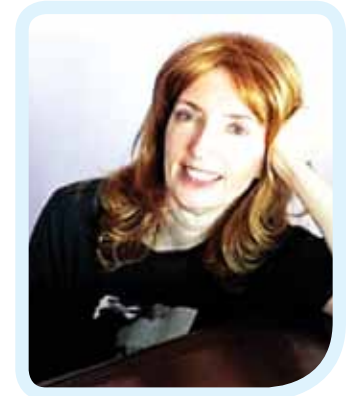
If you do invest time to complete a short exercise every day, you **will** see the results in your life. Science shows that journaling has psychological and physiological benefits:

- Journaling decreases the symptoms of health conditions.
- It improves cognitive functioning.
- It strengthens the immune system, preventing a host of illnesses.
- It counteracts many of the negative effects of stress.

Now, these are just the benefits of regular, free-form journaling. What you have here is a Journaling for the Health of It!™ workbook specifically designed to guide you from where you find yourself today to a place that is healthier and more joyful.

### Here's what you can expect from Peace of Mind and Body: 27 Days of Journaling to Health & Happiness:

1. Increase self-awareness
2. Heal psychophysical wounds
3. Live more in your body, less in your head
4. Live in the present, not the past
5. Discover your authentic self
6. Access your power, talents, skills and abilities
7. Unleash your creativity
8. Reduce stress, strain and suffering
9. Conduct healthy inner talk
10. Face your fears
11. Manage inner critics
13. Reconnect with your inner kid
14. Stop sabotaging and start loving yourself
15. Overcome writer's block
16. Start and keep a self-healing journaling practice



Mari L. McCarthy conquers her dis-eases through Journal Therapy and started Create Write Now to teach others the art of Journaling for the Health of it.™ As a Writing Therapy Specialist, she helps clients explore their inner lives to improve their psychophysical health.

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You Gotta Problem with Dat?

Vent to your journal without censoring yourself.

**A**s we continue to dig deeper in our journals and ourselves, we uncover and unload the unhealthy baggage (negative self-image, inner critics, self-sabotage and fear) that we've been carrying around for years. Journaling aids us on our self-exploratory journey, guides us through the bad stuff and directs us to our really good stuff.

Journaling for the Health of It!™ is one of the easiest and most powerful ways to accelerate your personal development. By getting your thoughts out of your head and putting them down in writing, you gain insights you might not otherwise ever see.

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## Exercise Your Writes

Sometimes you just need a good friend to listen to you cry and complain when you are upset. Treat your journal like your very best friend and tell it all about your biggest problem. It can be hard to choose just one, but pick the one that is bugging you the most at the moment. Take as many pages as you need, and unleash all of your rage and frustration. Write until your hand is aching and you feel drained of emotion.

Now do something relaxing. Take a long walk, a power nap or a relaxing bubble bath. Watch a funny movie, drink a glass of wine or do something else that makes you happy.

When you are in a more peaceful and relaxed mood, whether that's in a few hours or a few days, go back to your journal and reread everything you wrote. Try, hard as it may be, to see the problem objectively. On a fresh page of your journal, answer

Your journal is the perfect audience to listen to everything that is bothering you. It won't judge or berate you or give you unsolicited advice, so let it all out-- anger, fear, guilt, despair, jealousy, all of the thoughts that are plaguing you. By releasing your negative thoughts onto paper, you can identify patterns in your life, weigh possible solutions and track your own personal growth and progress. Writing about your problems forces you to face them instead of pushing them aside. You can vent, uninhibited, to your journal, let your words sit for a day or two, then reread what you wrote and evaluate your words from a calmer state of mind.

these reflection questions to help determine how you feel and how you want to proceed:

1. In a sentence or two, what is the heart of the problem? Do I have any personal responsibility in the matter?
2. Who else is involved in this problem? Is it more important for me to win the dispute than to salvage the relationship?
3. What are some possible approaches to solve the problem? What outcomes might result from each approach?
4. Is this a problem I am willing to let go, or do I need to take action for it to be resolved?
5. Do I need to seek outside help to address the problem?

## Ten-Minute Meditations

When we get all worked up with stressful emotions, it often helps to take a few minutes of meditation or relaxation to calm down and regroup. Try this quick and easy meditation the next time you need to take a step back.

1. Find a quiet room away from other people and distractions. Sit in a comfortable chair or on the floor on a soft cushion and set an alarm for 10 minutes. Dim the lights and light candles if you can. Settle in and allow yourself to relax.
2. Close your eyes and focus on your breathing-- in and out, in and out. Your thoughts will probably wander, especially at first. Recognize each thought that enters your head and dismiss it, gently going back to focusing on your breathing. Count slowly to four as you inhale, hold your breath for a second, then exhale as you count to four again. Try to keep your breathing slow and even.
3. When the alarm goes off, finish your breathing cycle and open your eyes. Return to your day more relaxed and rested.

“Art is a form of catharsis.”

- Dorothy Parker