



Journaling

A TOOL TO
NAVIGATE YOUR LIFE

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Different Ways to Journal...

- Daily (center, grounding, routine, check-in, gratitude, God)
- Empty (clear, separate from, release)
- Process (sort, navigate, figure out, get distance)
- Clarity (wisdom, intuition, awareness)
- Create or Invent (explore, discover, go to new places, playground)
- Log (document, list, remember, record)

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Daily:

a daily practice. A check-in with your heart and mind. Questions you might explore...
What's on my heart and mind? What am I grateful for at this moment? Is anything trying to get my attention? What is the most important thing for today? Where should I focus? What's my intention for the day?

Empty:

Dump your thinking. Resist the urge to believe everything you think. Thoughts can get lodged in and stay for days dragging us down or keeping us from living and being in our actual life. Journaling is a way to empty and then sort. Which thoughts require attention? Which are old and outdated? Which is getting in your way? Which can just be released? Create some distance so that you can get clear. Sometimes just getting them out of your head is all you need to feel better, reduce mental noise and make space for something new to enter. This is a very effective way of journaling at certain stages of your personal evolution. The pitfall with this phase is to stay here too long. Go somewhere new. Come back as needed.

Process:

When a thought or series of thoughts are swirling for an extended period of time - it's my indicator it's time to write. Or, if I am feeling stuck on moving forward with a project or a conversation or a task - I know there is likely a good reason and it's time to write. 5-10 minutes of emptying thought, getting clear about my ideal outcome, and sorting through what's holding me up is sure to get me moving again. This is a really powerful way to get unstuck.

Clarity:

For years, I lived in the land of "I don't know". It stalled me out and in ways protected me from taking risks and kept me safe I guess you could say. But, it felt terrible. I found a back door that allowed me to enter into a deeper wisdom...often divine and beyond me. When I feel stuck, swirling, looking for clarity, and feeling like I just don't know - I ask..."If I did know, what would it be?" Then, I listen really closely. This is where the magic happens. There is always something that gives me greater clarity and at least a next step.

Create: :

This is the playground of journaling. Your journal is a blank canvas, a poster board where you get to splash, paint, try things out, find your voice, your true expression. Journal to capture ideas, explore ideas, experiment with ways of expressing yourself, brainstorm, start a business idea, launch a mission, and on and on!!!! A place where your mind and heart can be free to try things out.

Log:

A journal is a great place to catch your dreams, your goals, your favorite moments, things you never want to forget, your to-do list, your project list - a parking lot for your ideas and future things you want to create and bring into your life. Let it be a safe where you store the meaningful meanderings of your heart.

Trust you will know which type is for you at any given moment, phase, or stage in your day or life.

