

Thanks for coming on this journaling challenge with us! We're excited for you to feel the positive benefits of picking up a pen and writing.

There are **no rules**, let's just call these guidelines...

- Be honest! This is the intimate workings of your brain. Don't hold back! There's no one to impress and no one's going to check up on what you've written.
- Don't correct yourself. There are no grades here, no right or wrongs. Forget about grammar, spelling and neat writing.
 This is meant to be a stream of consciousness.
- Don't stop! Try and keep your hand moving. We suggest setting a timer to keep momentum going. Then, just write as fast as you can until the chime goes! Keep focussing on all the things you can associate with the topic. You'll find the more you do it, the better it will flow! Remember practice makes progress.
- When you're finished, do what you like with it: burn it, throw it away or keep it somewhere private. Just never write as if someone will read this, otherwise it won't be truly authentic. It's all in the process, not the final product.

- You can't do this wrong! Just keep at it, it might feel uncomfortable at times but dig deep and just go with it.
 Write whatever comes to mind even if it feels a bit strange.
 Try and find your writing voice. The more you get into it, the more you'll hear it!
- Make it a habit for you. Set it up like a ritual even. Light a candle, get a cup of tea really make it part of your self-care toolkit.

What are the Benefits?

- You will learn more about yourself
- You can get a different perspective on your situation
- It can help reduce anxiety and may even start to break negative thought cycles and introduce solutions
- It can encourage positive outcome thinking and make you more resourceful
- It can help you reframe the past
- You can start to work out what you need in life and pay more attention to yourself

Set the timer for 5 minutes and see where these questions take you!

1.	What do Iwant to do more of this year?

2.	Where is my heart pulling me?

4.	What would my perfect day look like?

5.	What does my mind need right now?

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7. What does my soul need right now?

9. What in my life feels out of alignment?

10.	What fears am I carrying at the moment?

11. Where do I need new perspective?

12.	What are my core values?

13. How can Isupport myself more?

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If you enjoyed this journaling challenge and want to do more, why not try our **Positive Free Writing Journal?**You can enjoy 25% OFF with the discount code: **janjo**

(Valid until 31 January 2021)

