



Journey to Journaling

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

