

JOURNAL

GETTING STARTED



WELCOME

I'm delighted you've found your way to this journal. My greatest hope is that it will become your guide toward a more fulfilled and joyful life.

When I first started journaling I was amazed at the lasting and meaningful changes it made to my life. Writing daily, I quickly learnt about who I was and how I related to the world around me.

And now you can do the same. The exercises and prompts in this book are carefully designed to help you to grow a positive mindset. With consistent use you'll gain a more positive perspective on life and gain an awareness of the experiences that happen to you.

Your journal will become a place where you can process your deepest responses to the people and events around you and teach you how to transform negative thoughts into positive ones.

Angela x



How To Use a Journal

Your journal is a place where you can write your ideas to make you feel better and happier. You can write about your thoughts and feelings, your deepest desires and your goals for the future.

Essentially, the purpose of journal writing is to express and understand your emotions.

Although writing a journal can look different for different people, the key points that follow can guide you to getting started with your journal practice.

First, set a timer and write freely about whatever comes into your head. Do not edit or omit things as you write. Just write in a continuous flow until the timer sounds. This will help to uncover thoughts you didn't even know you had.

After you've written everything, take a short break. You might have uncovered some uncomfortable feelings so be kind to yourself, pause and take a few deep breaths.

Next, when you're calm and ready, you can reread what you've written. Look at your writing through the eyes of a therapist and try to dig deeper into what you're feeling. To dig deeper, take a different pen and highlight points that stand out or pose questions in your mind.

Now, try answering these questions for yourself. Write the answers in your journal too.

To dig deeper, ask yourself questions such as:

How long have you been feeling this way?

When did this start?

How does it make you feel?

What are you feeling beneath the fear/sadness/anger?

Where do you think this comes from?

How often do you experience these feelings?

Why are you being hard on yourself?





Getting Started

Getting Started

Start from where you are now. The first step is to take an honest look at your life now and accept yourself for who you are.

What is going well in your life now? How could you focus on this more?

What have you done that makes you feel proud?

To what extent do you accept who you are?

6 things you love about yourself

My Personality

Three words that describe me:

What I like about myself

My personality as a child:

How I am similar to my family

My strength:

My weakness:

Something that
scares me:

Something that
excites me:

Something that
makes me happy:

	Fairness	
Authenticity	Faith	Openness
Achievement	Fame	Optimism
Adventure	Friendships	Peace
Authority	Fun	Pleasure
Balance	Growth	Popularity
Beauty	Happiness	Recognition
Boldness	Honesty	Reputation
Compassion	Humor	Respect
Challenge	Influence	Responsibility
Citizenship	Justice	Security
Community	Kindness	Self-Respect
Competency	Knowledge	Spirituality
Contribution	Leadership	Success
Creativity	Learning	Trustworthiness
Curiosity	Love	Wealth
Determination	Loyalty	Wisdom
	Meaningful Work	

My Vision Board

Take some time and reflect over the past year. Take time and think about the year and the life you lived. Ask yourself the following questions...

What experience made you happy?

What experiences changed you?

What held you back?

How did you build relationships?

My Vision Board

Now envision your next year. For each of the boxes below think about your goals and how you envision each of the aspects listed. Think about the WHY behind each of the goals and make sure they're driven by genuine intentions. Notice if there are words or mantras that jump out at you for this next year.

BUSINESS

HEALTH

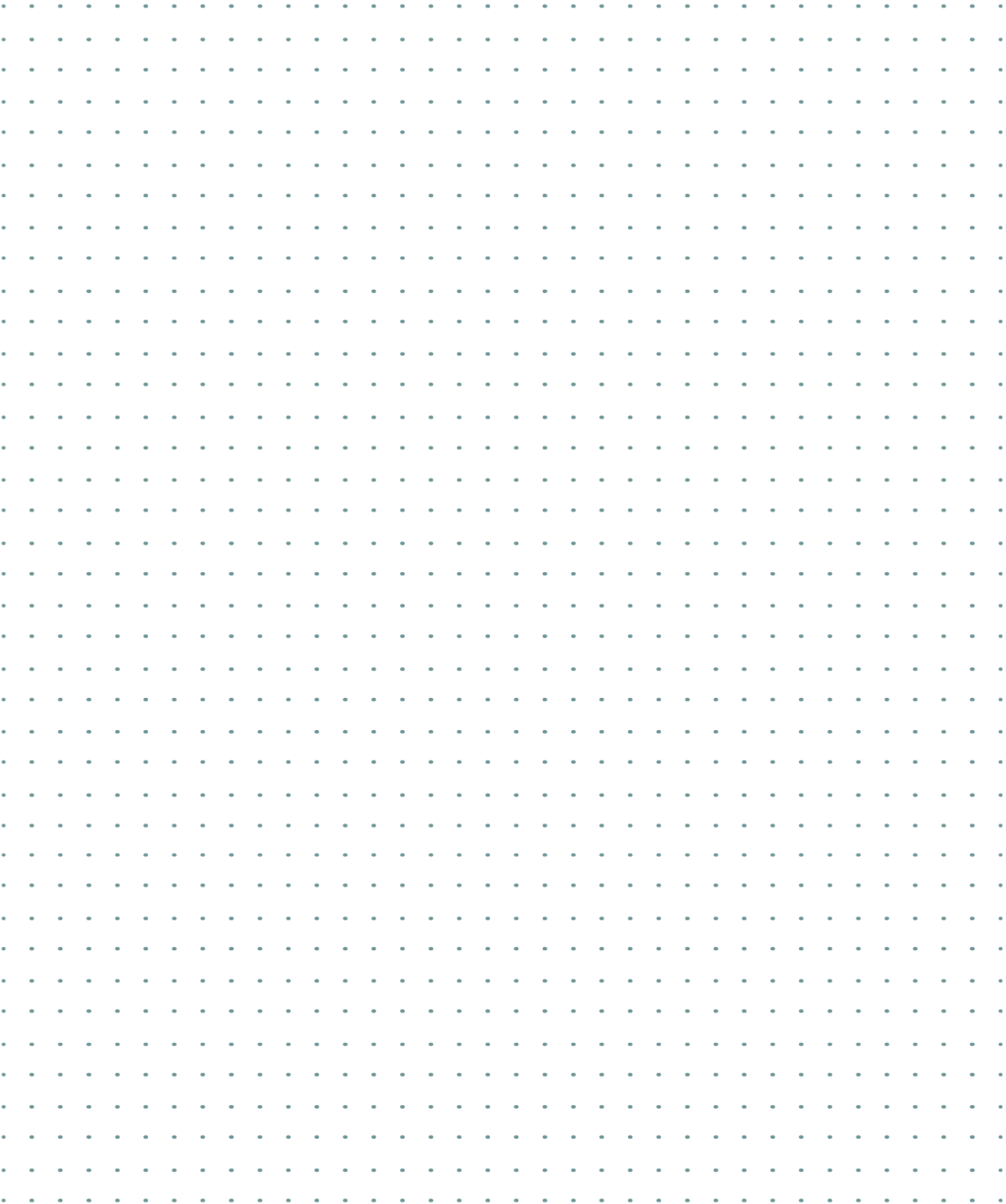
RELATIONSHIPS

FINANCIAL

EXPERIENCES

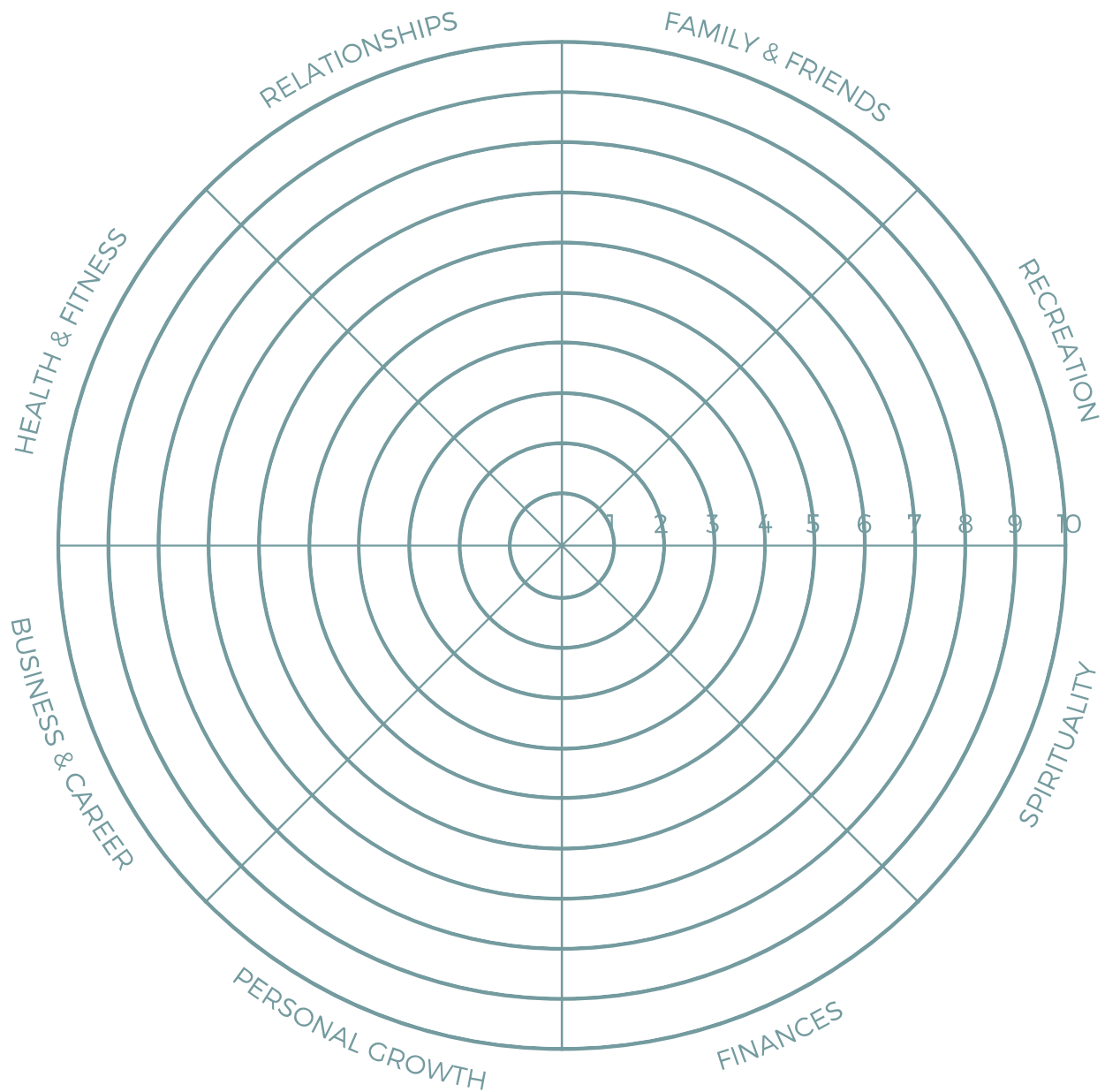
MINDSET

My Vision Board



My Life Wheel

Think about these 8 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Life Wheel map.



My Life Wheel

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.

My Life Wheel Goals

Choose the areas you'd like to work on and think about the goals and next steps you'll need to take to get there.

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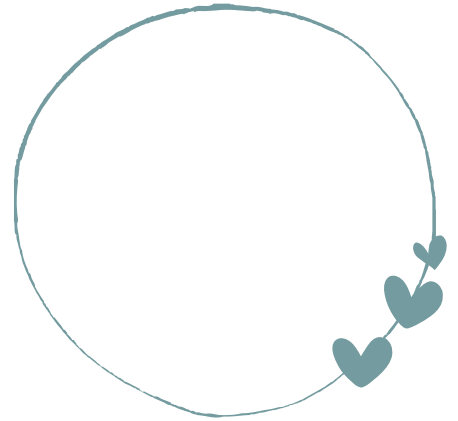
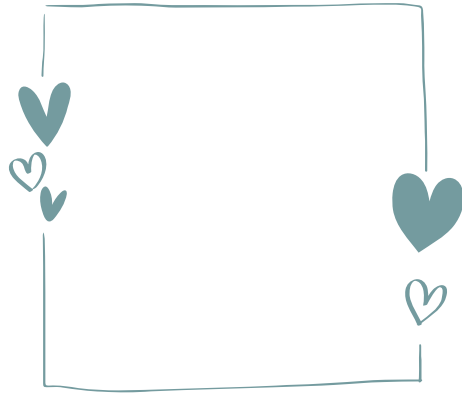
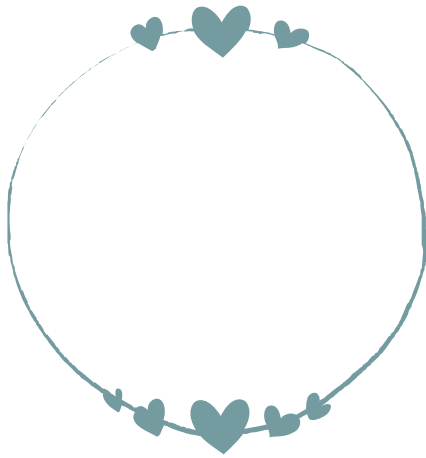
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My Affirmations

