

TEN IDEAS TO JUMPSTART YOUR JOURNALING

Journaling can be a powerful meditative practice as a tool to explore our inner world. To begin, sit in stillness for about 5 minutes, focusing on your breathing. Notice where your mind is going, then begin your journaling. Here are some ideas to get you started:

- 1. Write first thing in the morning about your previous night's dreams**
They may sound crazy, but just write, uncensored, exactly as you remember them.
- 2. Go for a walk in nature and write about what you observed**
It's a beautiful place we live in. Record the things you notice about the sky, the weather, the birds and other living things.
- 3. At the end of the day, write about the events that stood out to you**
It could be anything from a confrontation to an ice cream cone.
- 4. Keep a gratitude journal (or a joy journal, or a delight journal)**
Write up to five things for which you feel grateful – large or small. Be specific and detailed. Doing this once a week can increase your happiness.
- 5. Just start writing**
Write whatever comes into your head, uncensored, uncorrected. Get your thoughts and feelings out on paper.
- 6. Journal about your successes**
This may be in list form. Start with the big one, and filter down to the smaller successes. This will cause you to pay attention during the day.
- 7. Develop your intuition**
Write down your questions or concerns, then take a deep breath and let your inner wisdom guide you. Write automatically. If you don't get an answer right away, look for signs throughout your day.
- 8. Write about where you are in your life at this moment**
Describe your living situation, your work, your relationships. Are you right where you want to be?
- 9. Use a word or phrase to get you started**
A phrase such as "without limits" or "I am" is a great way to get things rolling. Just allow your writing to be organic and intuitive and see where it takes you.
- 10. Write about how you really feel about a situation**
If you are in the middle of a difficult situation, write about that with complete honesty. Then reread your thoughts, looking at them without judgment.

