

CREATIVE JOURNALING FOR TIME-MANAGEMENT



A Write for your Life guide

Knowing where you're headed and being prepared to take action are at the heart of time-management. If you're clear about these things, making decisions and prioritising will be easier. Here are just a few exercises to give you space to explore:

- **Whose agenda am I on?**
- **What did I want five years ago?**
- **What are you saying yes/no to?**

THE EXERCISES

Free-writing instructions - optional:

- Set a timer for five minutes - you can always write for longer if you get into the flow.
- Keep your pen moving, do not edit or look back - no grammar or spelling required.
- Go where your pen goes, trust it'll be useful - even if it's off topic.
- If emotions arise, carry on if it feels OK or write about something else and return when you're ready/have support.
- For each exercise, reflect on what you wrote, read it out loud for extra perspective.

Prompt: Whose agenda am I on?

This exercise can be a great wake-up call and even a game-changer for you if you've not thought about it before. There may be multiple answers to this so give yourself as much time as you need. Reflect on the answers, what do they tell you about your life and what you want?

What did I want five years ago?

Another powerful question. Where are you compared to what you wanted? What's changed? Did what you wanted matter in the end? So many great questions to ask yourself based on what you write.

What am I saying yes/no to?

Saying yes to something means saying no to something else. You can do this as a sentence stem: keep repeating, 'I'm saying yes to ...,' 'I'm saying no to ...' Do them together or one then the other, it really doesn't matter. As with all these exercises, you can think of a particular area of your life or just be more general.

Guides in the series - Creative journaling for:

Headspace Wellbeing Writer's block Success
Innovation Difficult feelings Happiness Creating theme
Difficult situations Exploring dreams Time-management
Time-management tips

Plus: Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

*I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at:
Cpsdayoff@gmail.com
or go to Clairepearce.uk.*