

POWER JOURNALING FOR SUCCESS



A Write for your Life guide

Think journaling is just for fluffy feelings? Think again. Here are some dynamic and transformative exercises to help:

- Get clarity on goals/vision
- Get motivated by connecting and anchoring to future success
- Reflect and capture experiences for accountability, learning.

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.

You have untapped resources - creativity, wisdom, courage, just dying to get out and help you in business, in work, in your life. Journaling can help to access them so you can achieve the things you want.

To get clear on your goal/vision - Exercise: *'Explain yourself'*

Explaining, in simple terms, what you want to achieve will give you clarity. Choose a child or a Nan (you don't have to know them; they can be fictitious or famous) and explain your goal to one or both. **Bonus exercise:** write back to see what they think.

To connect and anchor vision of success - Exercise: *'30 words'*

First write about your goal in a journalistic way; what do you want to be happening, how do you want to feel, how do you want others to respond to you (or your product) etc. Get into the detail. Now review what you've written and pick out 7 or 8 words that resonate. Don't over-think this, just pick what jumps out whether it makes sense or not. Now write a few lines - no more than 30 words (can be less) including the words you picked and use for motivation.

Reflect and Learn - Exercise: *'Enjoyed, noticed, learned'*

Reflecting regularly will keep you connected to your goal and capture progress, lessons learned and help you deal with challenges quickly. First, think about the period of time you're going to review. Then write what you enjoyed, noticed and learned. Change what you review as appropriate, e.g., you may want to record what worked, didn't work, had impact etc.

Guides in the series - Creative journaling for:

Headspace	Wellbeing	Writer's block
Success	Innovation	Difficult feelings
Happiness	Creating theme	Difficult situations

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.