

The Art of Ongoing Journaling

Daily Questions:

At the end of everyday take time to reflect on these three questions and write your answers in long hand in your dedicated journal...

1. What would I do today that I would do the *SAME* tomorrow?
2. What will I do today that I will do *DIFFERENTLY* tomorrow?
3. What did I learn about *ME* today?

Source: Oprah Winfrey

15-Minutes Non-Stop Writing:

There is no specific time to do this, but it is good to stop every 5 or 7 or 10 days (you decide) and briefly read over what you have written.

You might note one or two themes come through with this review.

Now open a clean page of your journal and list your thoughts of what you have read in simple point form.

Once you have completed the list put your pen in the page and close the journal.

Now walk away, make yourself a cup of tea or something, not really thinking about your list, but nor ignore thoughts around it.

Now set a 15-minute timer, return to the journal open at the page and look down...

You will note that one or two statements really jump out at you.

Now commence writing for 15-minutes non-stop starting with the topic that most 'spoke' to you from the page.

Do not edit your writing just write – allow the thoughts and feelings to freely come out onto the page.

Once the timer goes off – stop. Close the book and walk away.