



# How to guide - Journaling

## Making writing a habit

### Why?

- The most important self-awareness habit you can practice is writing.
- **Successful people do it.** A common thread amongst the world's most successful people is that they all journal. [Check out this book!](#)
- It allows you to analyse where you are, where you are going and where you have been. It provides clarity and helps you create growth in your life.

### What?

How you choose to journal is completely up to you! I have a system that works for me but I continue to tinker with it. What really matters is forming the habit. Here are some ideas!

#### **Gratitude List**

By actually writing down what you're grateful for, you gain incredible power. You'll become better connected with the things you may have been taking for granted.

#### **Track Goals**

Having your goals written down helps you stay focused, allows you to track progress and the action the steps necessary to achieving goals.

#### **Unfiltered Pages**

Try to let things just fly out of your mind. Try sitting down and writing without interruption or without any type of filter and just see what comes out. One day you could be filled with ideas, while another you may be working through a difficult issue.



## How I Journal

- I journal first thing in the morning.
- I use [Evernote](#). I like journaling electronically but you might prefer a physical book.
- I like to determine a 'purpose' for the week. This is different than my goals my purpose tends to be 'deeper' and is more connected to my values.
- I set my weekly goals and define my purpose on a Sunday night and they stay on the top of each daily journal until the following Sunday. This allows me to set daily goals that compliment my weekly goals.

## My Journal

Here is a [screenshot of my journal](#) straight from Evernote.

## Getting Started

I suggest you start simple. Make it a part of your routine and be strict! Why not try:-

- 3 things I am grateful for...
- What am I noticing about myself (thoughts, anxiety, emotions, reactions)
- Today would be great if... (goals)
- 3 Affirmations (I am Statements)

**\*See below for a free template**



## Great Bloke Project Journal

I am grateful for:-

- 1.
- 2.
- 3.

To care for myself, today I will... (heath, fitness and/or nutrition)

Today would be great if... (My Goals)

Work

- 1.
- 2.

Personal

- 1.
- 2.

People I want to connect with:-

I am noticing about myself... (1 or 2 sentences)

Daily Affirmations:- I am Statements..