

How to start a Journal

Everything you need to know to get started on the first step to self-discovery



JULIETLEVER.COM



How I started journaling

On my 27th birthday I started journaling every day. I had no idea how to start. So I just started with the date and how I was feeling at the time....

I can vividly remember writing these words...

"I am 27 years old and I feel like my age has finally caught up with me."

Fast forward a few years and it's a very different story! I am now a best-selling author, motivational speaker, NLP and Time Line Therapy® Trainer and Co-Founder of Evolve and Relaunch and I am truly passionate about helping people live their best lives.

This is because I have personally redesigned my own life from being a workaholic, chocaholic and alcoholic in a passionless marriage to now living a life beyond my wildest dreams!

It's amazing how quickly life goes, and I personally have found the results of journaling to be profound.

That's why I'm excited to share these tips with you to help you get started. As sometimes, it's just starting that is the hardest part!

Why you should journal

If you're anything like most of the people I work with and talk to, your life is incredibly busy.

It seems we have a never-ending list of things to do, obligations, work and social commitments. There simply doesn't seem to be a lot of time for us to give to ourselves these days.

When you think about the fact that we have over 80,000 thoughts each and every day then your mind is a busy place to be!

If you don't give yourself time to 'sort' out the thoughts in your mind this can leave us feeling exhausted, burnt out and even sometimes taken for granted.

When you feel exhausted, burnt out and taken for granted it can cause you to react to those nearest to you with a less than loving attitude, which then can lead to feeling guilty, helpless and even quite negative.

I have also found that when we feel unfulfilled in our purpose/career we can have a tendency to show that dissatisfaction through emotional outbursts or frustration.

I do believe there becomes a point in our lives where we no longer wish to avoid the fear of the largeness of what we have been born to do in this world... and so the discomfort of living a life of saying no to your dreams simply gets too unbearable. And we can start taking brave steps to find the answers inside.



How much quality time are you giving yourself right now ?

In my best-selling book 'Relaunch My Life', I explain my 5 Keys to Fulfilment, which are a way of raising awareness about the steps you can take to live your most fulfilling life.

One of these steps is around value, and specifically - around the quality of time you are spending on yourself, and if you are spending time in line with your top values.

A lot of people I work with tell me that when they do have time for themselves, they spend it watching TV. This is a very different investment to journaling.

I suppose I would say, TV is a VERY low nutrient low calorie task. Journaling is a nutrient dense and low calorie task.

That is, you're spending the same amount of physical energy watching TV as you would journaling, but your rewards are much more long lasting. And you are investing in you and your future.

One of the things I also encourage people to do is to set aside at least 20-30 minutes of quality 'Me Time' once a week.

In committing to this, they are feeling a deeper sense of connection to themselves and more balanced and happy in life.



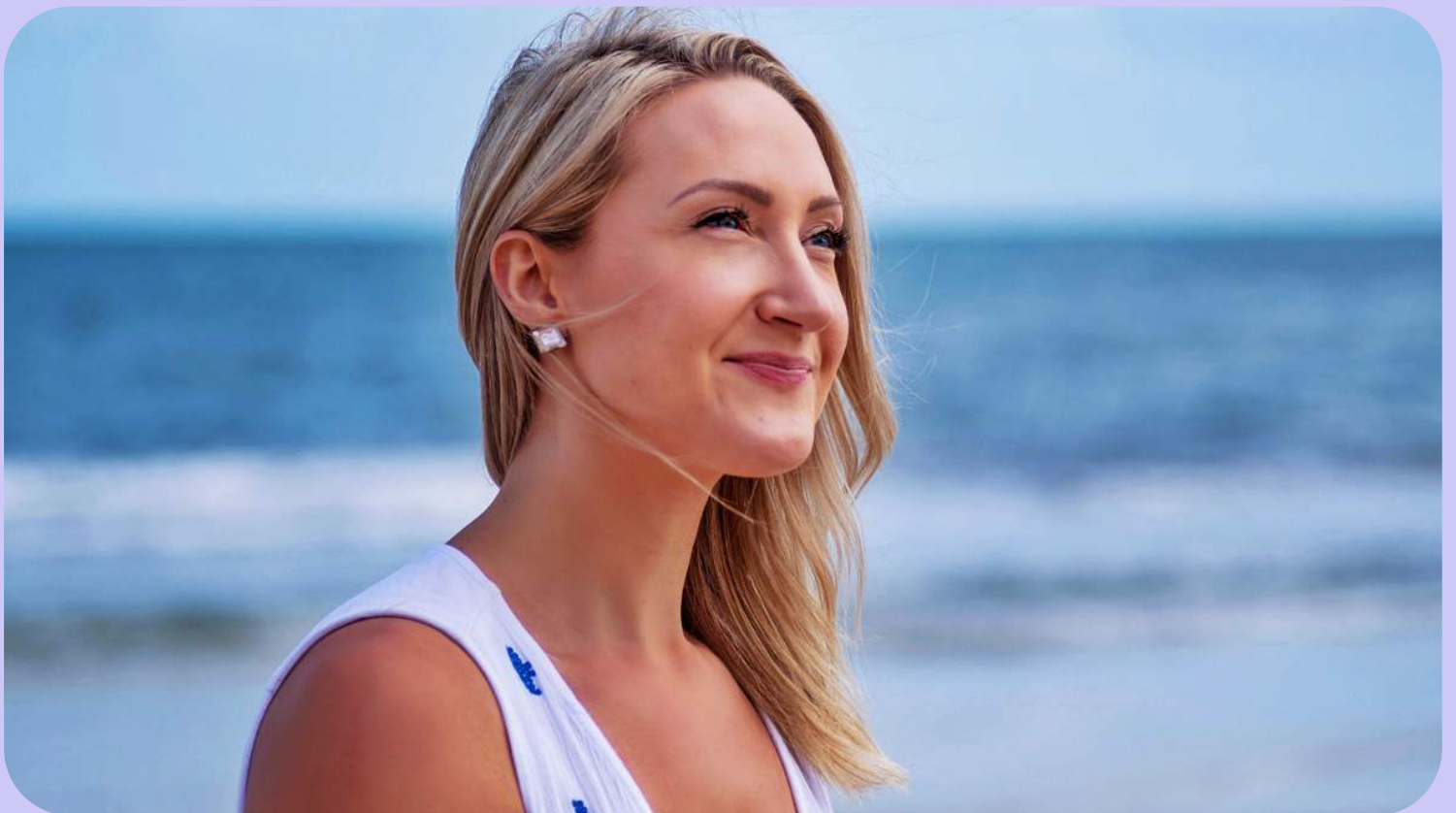
What is Journalling?

Journaling is different for us all, and I personally have tried many different forms of journaling.

Some like to keep a daily visual art diary, others do creative writing and others just love writing out 'To Do Lists'!

What I encourage you to do (as I say with everything I teach) is accept that there is no right or wrong way to journal.

The best thing is just to start!



Tips for Starting Out

1

Go for a walk, in nature or visit a cosy coffee shop and take your journal and favourite pen with you.

2

Or find somewhere quiet where you are unlikely to be disturbed.

3

10 minutes is a great amount of time to spend per day journaling.

4

Use a 4 colour pen and choose a different colour every day.

5

Pop the journal in your handbag for when you feel like jotting down some thoughts.

6

Perfectionists among us: It doesn't have to LOOK perfect.

7

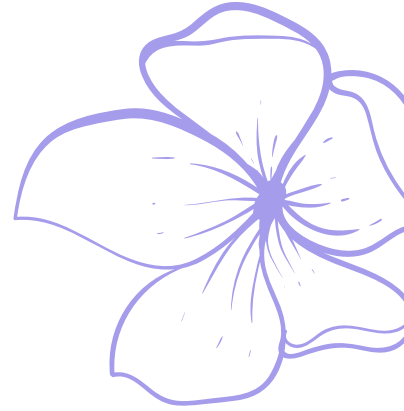
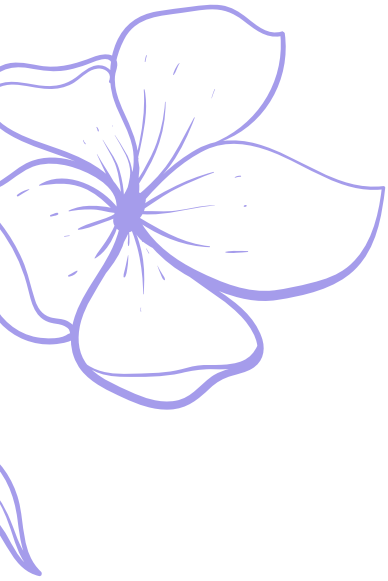
Don't hold back. Even if something looks a little crazy on paper, just accept and love whatever comes out of your beautiful mind.

8

Keep the journal for you - don't share the journal with anyone else at the start.

Questions to start your Journal with

There are so many ways to start! Until you are ready to journal by yourself, here are some great questions to prompt your thoughts:



How am I feeling at the moment?

What have I learned today?

What has gone well today?

What is my intention today?

What am I grateful for in my life right now?

What is one thing I am feeling worried about? What is one action I can take to reduce or eliminate that worry? Who am I not expressing myself to fully?

What is one thing I can do to show myself that I am making time for myself?

What am I proud of about myself for achieving today? What am I currently afraid of?

What has triggered me lately?

What negative emotions have I been experiencing and to what/whom?

What have I planned for tomorrow?

What unhealthy habits did I display today?

What is my mantra for today?

What are my goals in the next 3 months/ 3 years?

How well did I nourish my body temple today?

Am I procrastinating about anything - how would it feel to take action?



Do I have to journal every day?

Of course not. This is your life. Notice what feels right for you.

Perhaps, starting off with a daily journal habit would be a good place to start, but then once the mind has settled and you have gained benefit you may be able to journal when it feels right.

Personally, the days when I do journal I am so much more self-aware - and my clients have reported the same results.

What is the best journal to buy?

Have you ever seen those small A5 \$2 notebooks from your local supermarket? They're light, flexible, lined and cost effective.

Sure, you can splurge on a fancy one, but there is no reason to send yourself broke - simply find one that calls out to you and get started!

When should I start?

Today! If you're reading this then start your journal today.

If you are new to starting this process of self-discovery then documenting the beautiful journey you are about to embark on is going to be wonderful for you.

Should I keep my journals?

This is completely up to you.

When I went through some very dark times (my divorce, job restructure, etc.) and I was very stressed I thought it would be a good idea to burn all my old journals as they were a way of 'holding on to the past'. I did that and immediately felt better.

Nowadays, my journals are full of inspiration, self reflection and business ideas so I keep them.

I don't feel like I'm holding onto the past, I think I am storing gold-mines that I may want to remember and dig up in the future!

It's really up to you!



What if I am afraid of reading my own thoughts?

Rest assured this is a very common feeling.

Until we start the process of self-discovery we can be experts at distracting ourselves from our thoughts and feelings! I say this because I was one of those people. I used to overeat or drink alcohol to avoid feeling my body's emotions and would watch TV, exercise, do all sorts of things to avoid noticing my thoughts.

My suggestion would be that if you are reading this guide, then you are ready to begin.

And I promise you, every step you take in this direction of self-discovery will give you beautiful rewards.

Sure, it's easier to watch TV and avoid your inner world in the short-term. But in the long-term, it's much easier to get to know (and love) your inner world.

If you want to learn more ways to connect to your inner world, learn steps to success and achieve your goals in a supportive environment then get in touch with me at www.julietlever.com to learn about the ways I can help you to relaunch any aspects of your life.

I am truly passionate about helping people live their most fulfilled lives, and I would love to support you.





A little about Juliet

I am completely obsessed with understanding how we can recreate excellence in our lives as a result of a complete life change back in 2014. As a result of a huge spiritual awakening and going on my own personal transformation I am now living a life that reflects living a life of my highest potential.

Literally, every day gets better than the last!

But it wasn't an easy path.

It was lonely, confusing and scary at times. That's why I wrote my best-selling book "[Relaunch My Life](#)". It's a teaching memoir, and it guides the reader through learning through my journey with activities and tips for you to complete along the way.

Be sure to sign up to my mailing list so you can hear from me from time to time and get more of a feel for what I'm about.

If you're just starting out, my book, Relaunch My Life is a great place to start.

Connect with Juliet

julietlever.com

[instagram.com/julietlever](https://www.instagram.com/julietlever)

[facebook.com/relaunchmylifeau](https://www.facebook.com/relaunchmylifeau)

Click [here](#) to buy my book
