



REBIRTH
by

HeKmat

Name of Exercise: Journal Your Mind

Objective

Journaling evokes mindfulness and helps writers remain present while keeping perspective. It presents an opportunity for emotional catharsis and helps the brain regulate emotions. It provides a greater sense of confidence and self-identity.

Goals

To make journaling a daily habit and an activity or habit to look forward to

Solution

Set a particular time of day which you can commit 5-10mins everyday to journaling. keep it simple and easy.



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“In the journal I do not just express myself more openly than I could to any person; I create myself.” Susan Sontag

Exercise:

Keeping a journal can be useful for many different reasons as a life coaching exercise. Daily journaling facilitates reflection and can spark useful brainstorming about how to better strive toward your goals.

To guide you in journaling, you can use the handy JOURNAL acronym (Coach Federation, 2013):

J – Judgement-free
Write whatever is in your heart. This journal is personal, private, and a safe space to express your thoughts and feelings.

O – Observation

Journaling is an excellent opportunity for you to step into an observer role. Instruct Write down things that happen to you and spend some time thinking about how you interpret them.

U – Understanding

Piggybacking off of observation, what we observe can help us reach understanding about ourselves. How we perceive what happens to us is more important than what actually happens to us, and observing how we think can help us understand our own thought patterns, which can lead to effective management of our thoughts and behaviors.



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“Whether you’re keeping a journal or writing as a meditation, it’s the same thing. What’s important is you’re having a relationship with your mind.” Natalie Goldberg

R – Revelation

This process can often lead to revelations about our desires, our dreams, our goals, and aspirations. Journaling can help us get in touch with our core selves.

N – Needs Assessment

Keeping a daily journal makes it easier to notice problems and potential solutions, as the simple act of writing something down can make it seem simpler and clearer. Keeping everything bottled up can be extremely harmful, and just putting pen to paper can sometimes be all that is needed to release some pressure.

A – Awareness

Writing down your experiences helps you take a wider perspective on your life, as well as reminding you of problem areas and things you have to be grateful for. Raising awareness of these areas is the first step towards making the necessary changes and appreciating what you have.

L – Life

Quality Journaling is known to be an effective way to de-stress and decrease anxiety. Just a few minutes a day can have a major impact on health and happiness.