



Journalling

WHY JOURNAL?

According to Hans Morvec, the principal research scientist at the Robotics Institute of Carnegie Mellon University, the human brain can handle up to 100 trillion bits of information at any given time. With all that information coming in, how does your information filtering system, known as the Reticular Activating System (RAS), know what to filter and focus on?

By placing your thoughts onto paper each day you allow 'space' for the mind to focus on the NOW, and the journal provides a reference point for thoughts, experiences, emotions and ideas.

WHAT KIND OF JOURNAL?

It is a very personal preference for your journal. It has a far greater impact if you hand write your thoughts rather than using a technology based program.

Find a journal that lights you up, that brings excitement to write your thoughts on the pages, it may have a quote or picture on the front – whatever it is, you will KNOW when you have found the one.

HOW TO JOURNAL

There is no right or wrong way to journal. The journal is only for you – you can choose to share it but ultimately it is your tool.

If you are starting out, you might like to have some structure to compartmentalize your thoughts and allow them to start flowing. As you become better at the habit you may decide to let all thoughts flow from your mind as they appear and put them straight onto paper.

Fiona Hurle

When I first started journaling I found that these 4 areas allowed me to follow a process.

- Things I am grateful for
- Affirmation
- Things to look forward to
- Today's intention

Open your journal to a 2 page spread.

Start at the top Left hand corner.

Write the heading 'Things I am grateful for'

Allow your thoughts to flow – don't force them.

List all the things you are grateful for right in that moment. Keep writing until you can't think of any more.

Then half way down the page on the left write the heading 'Affirmation'.

Write an affirmation starting with 'I AM....'

If you have difficulty creating an affirmation, which is often the case when people first start journaling, then write 'I AM an amazing human'

Then on the top of the right hand side of the pages write 'Things to look forward to'

List all the things you are looking forward to (this can be anything in life and within any timeframe). Don't stop until you have exhausted your thoughts.

Then half way down the page on the right add the heading 'Today's Intention'.

Describe HOW you intend to show up in the world today.

Once you have finished filling up your page (you may choose to add drawings or pictures), add the date at the top of the page.

For extra zing I then do an Angel Card reading and write the card on the bottom of my journal page.

Fiona Hurle

If you are into colours and challenges then I write the headings in the following colours

- **Things I am grateful for**
- **Affirmation**
- **Things to look forward to**
- **Today's intention**

And I choose a different colour pen to complete each section, each day.

WHEN TO JOURNAL

This is going to be a personal decision although one you need to commit to, If you are starting out, try it at night time – allow yourself an extra 10 minutes to get ready for bed and then release the days thoughts on to pages.

If you find you have more quiet time in the morning then schedule it in as soon as you wake up – you'll kick off the day with gratitude, positive self talk, have some things to look forward to and set how you will experience the day.

Either way, create the habit and it will serve you well.

Enjoy.

Fiona Hurle