

Tune Up Your Brain – Module Four - Simplicity

A Simple Guide to Joyful Journaling

Journaling could be one of the most underestimated secrets on the planet.

If you haven't been journaling throughout this program, I would highly encourage you to do so. Why?

Writing acts as an acknowledgment of what you've done, so in those times when you feel like you're not doing enough, you can look back and see – wow – I did that!

Whether it's learning a new skill or simply taking the time to stop and journal, it's an acknowledgement of your actions. It gives you a chance to give yourself gratitude.



Perhaps even more important, journaling is the time you gift to yourself for introspection. Sometimes that will result in tears, sometimes that will result in laughter. Sometimes it will be a simple acknowledgement. Whatever you feel, revel in those feelings because we often do not pay attention to them.

Writing also creates an opportunity to improve your mental processes – to clarify your thoughts and support awareness of your fears, hopes, desires, your self-doubts, and your wins.

Writing and reviewing your journal highlights the path you're carving out to health, life, or career goals. It is also a powerful way to express and nurture JOY.

Some Helpful Pointers

Identify where you are going to journal. Do you like digital journals, or paper?

Establish a clear time and place to do your journal every day. A soft musical accompaniment can be inspiring. Or... hum while you're writing or drawing in it!

Introduce 3 stable topics to journal about every day; they will provide a starting point for writing. Here are some examples:

What did I like about me and my actions and thoughts today?

How do I feel about the world today? How do I feel about the future today?

What steps could I take today to give myself more experiences or expressions of joy, feelings of accomplishment, or to achieve any other goal?

Remember – there is no right and wrong. It's all about the joy of spending time with yourself, making plans, celebrating wins. In ink on vellum, with colored pencils or markers on plain bond, or on a computer, this is all about you.