

JOURNAL THE JOURNEY

Rediscover the astounding power of your penmanship. Writing by hand seems practically passé in our digital age, but it offers countless benefits that have been studied by neurologists, therapists, educators, and other researchers. Writing by hand, with pen and paper, engages special sensory nerves which also slows you down, allowing you to truly think, categorically feel, and effectively drain penned up emotions.

Everyone can write. Everyone can develop their voice. Find your technique! Writing in a journal can have significant impact on your psychological and physical health. A good set of guidelines and the effectiveness of journaling can be found online if you do a quick browse. Nonetheless, let me share a few benefits of journaling to stir you.

Journaling helps you:

- To respond to life honestly
- To reflect on the meaning of your experiences in life
- To record the progress of your journey; self-accountability for goals and priorities in all areas of life.
- To refocus on what truly matters to you
- To regain lost momentum

Your preferred notetaking-filing system might be to use digital software which conveniently allows you to write from different devices and securely store information. This also makes computerized journaling very easy, organized, accessible, and private. Your journal entries can be saved to the cloud where you won't need to worry about losing your writings. Use the system which works best for you, and don't get lost amid the method.

Remember the life-saving gift of writing. Be thankful. Harvesting your contents later can be wonderfully refreshing.

*** FRAME YOUR FUTURE ***

YOUR BINDER: The use of a loose-leaf binder serves multiple functions. You can stock unique page inserts to serve as a notebook, workbook, journal, vision book, and strategic playbook/gamebook with thoughts, tactics, and bullseye targets. It simply allows flexibility to create uncommon/unusual sections and insert supplementary sheets to your delight. Your 'page inserts' may turn out to be a treasure trove of ideas that might be fruitful for broader development in your life! Have you been thinking of writing a book? This can help you to sketch your vision.

Your Binder should have two main sections (described below). **THIS IS A STRATEGIC SETUP!**

Terri S.

<u>Section A:</u> Journal the Journey	<u>Section B:</u> Your 'Priority Goals' in Focus
<p>Use a set of 12 binder tabs – creating monthly sections for 12 months in the calendar year. Everyone has the same 12-cup measure of month in a year. TIME is God's gift to each of us. You have a distinctive Lifetime.</p> <p>How you allocate, spend, waste, manage ...your time, or chose to use your time is your destiny decision. Relish it.</p> <p>Journal wherever you are, at any point in time. Review later. You will be amazed looking back at your footprints.</p> <p>Your binder should bear record of what moved you</p>	<p>From your list of 100+ (dreams and goals) for life, choose 5 to 10 priority goals to focus on for this year.</p> <p>This part can be your vision book. You may create a vision board featuring the same 5 to 10 priority goals.</p> <p>Have a separate tab for each one of the priority goals. Within each tab, keep a record of the action steps that move you towards fulfilling that vision. Thoughts and actions concerning that goal matters (even if your only action towards that goal might be a prayer.)</p> <p>... from 'A' to 'B' within the year.</p>