Journaling 101

A three-step method for journaling
to get in touch with what's really eating you

Create Your Why

Top 3 causes	Top 3 values	Top 3 costs

Name Your Distractions

Distractions I'd like to ditch:

1.
2.
3.

GET SPECIFIC

Emotions I Avoid

Emotions I may be avoiding:

1.
2.
3.

GET SPECIFIC

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Getting Specific

Where: _____

When (time): _____

When (day): _____

How: _____

Details: _____

Duration: _____

Re-assess: _____

Tips for Success

- Block out time to figure out a journaling schedule.
- Decide what days and times of day you will journal.
- Set calendar reminders or make some sticky notes.
- Try this plan for two weeks and see how it goes.
- Re-evaluate and decide to keep going, scale up or back, or change days and times to fit your schedule better.
- Start slow and simple and build from that.
- Pay attention to what works, what does not, and WHY.
- Be prepared to problem solve!

Try, try again!

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