

Juice Yourself with Joy Journalling

by Judith Waller, "The Soul Connector"

One of the most powerful ways of tuning into your inner guidance is through journalling – taking some quiet time to capture insights as your intuition "speaks" to you. If you like writing, then jotting down your thoughts will probably come fairly easily to you. But if you're not a big fan of writing, journalling may sound too much like hard work. Well, it doesn't have to be! Here's how to make it fun, easy and rewarding...

A journal of joy...

Author, Denise Linn once told me that she used to keep a traditional style of journal for many years. But one day she realised that she mostly only wrote in it when she was feeling grumpy about something – almost never when she was feeling happy! Flipping through her old journals, she got the overwhelming impression that her life was only made up of unhappiness and disappointments, which was not the picture she wanted to create for herself.

So she decided to change this. She bought herself a new notebook to write in, which she called her "joy journal". She started writing in it only about things that made her feel good – what she was grateful for in her life, things she noticed during the day that gave her joy, and all those little achievements that otherwise go unremarked. Almost immediately, she noticed a huge difference in her state of mind and a positive lift in her energy. She was so pleased with the results that she went on to get rid of all her old journals, banishing the last vestiges of the "old" her.

Find your voice...

Like to try out the "joy journal" idea for yourself? If you're already a journaler, you don't necessarily have to get rid of all your old ones, like Denise did! Be guided by your intuition as to what's right for you. Begin by going out and buying yourself a lovely new notebook. Rather than just grabbing the same sort of notebook that you already use for work, treat yourself to one that feels really good to hold and look at – this will give you fresh, positive energy. And find something that appeals to you to write or draw with – perhaps a special biro or fountain pen, or a pack of coloured textas or markers.

If you're new to journalling, the main thing to keep in mind is not to censor yourself – give yourself time to find your own voice and the process that works for you. Remember that no-one else is going to see what you put into your notebook, so you can be as loose and free-ranging as you like. That means you don't have to worry about neat writing or perfect layout, and as for spelling, punctuation and grammar – who cares? Don't judge it or angst about it, just go for it!

Set aside some dedicated time, say once a week – an hour is great. Begin your journalling session by grounding yourself and taking a few deep breaths. Allow yourself to slide gently into the rhythm and flow of your thoughts as they come. You may choose to start by asking yourself a question or two to get your thoughts going: What gives me joy? What am I most grateful for in my life? What made me laugh today? What did I do really well this week? What do I most wish to achieve in my life? Jot down whatever thoughts come to mind...

Discover your "joy juicers"...

If you're getting stuck or wondering what to write, then you're probably overthinking it. Remember, you're not creating a work of art for posterity, here! Treat it as play and just enjoy yourself. You don't have to limit yourself to writing, either – grab a couple of old magazines, then flip through and tear out whatever words or images appeal to you. Now, follow your intuition as you lay them out and stick them onto the pages of your journal. What is the essence of a joyous experience from your life that you want to capture?

Cut and paste, sketch, doodle, stamp... have fun with your journalling and be as creative as you like! If you see a picture in a book or magazine that you really like, photocopy it and attach it to your journal. Pick up a flower or a leaf when you're out during the day and press it between the pages. Incorporate meaningful quotes or poems that catch your eye, or jokes or silly stories that make you laugh.

With joy journalling, not only are you retraining your mind to recognise and focus on the positive things in your life, you're also building a priceless resource of inspiration that you can delve back into later. You will discover a myriad of "joy juicers" to cheer you up in those moments when you're feeling down and you will remind yourself just how much your life is filled with rich and precious moments.

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