

QUICK START JOURNALING GUIDE

In case you are wondering why you should journal - Let's start there!

- 🎧 Journaling helps get things out of our head and therefore, break the hold thoughts can have on us.
- 🎧 It helps us listen to the Holy Spirit and think through situations without rushing into things.
- 🎧 It helps us hear His direction and leading to get unstuck.
- 🎧 It helps us process. This leads to growth and stopping the cycles of insanity.



**Journaling brings clarity and intentionality to our lives.
It is one of the three keys to igniting your life to thrive!**

🔥 **Before you begin, consider your mindset.** The following are common thoughts:

- 🎧 Overwhelm ~ your life is busy and you might feel you are adding “one more thing.”
- 🎧 Good Intentions ~ “I’ll get to it tomorrow,” because you have no idea where to start.
- 🎧 Procrastination ~ “as soon as I purchase a journal” or “find the perfect journal,” I’ll start.
- 🎧 Fear ~ writing down thoughts, secrets & dreams, “what if someone could read it?”

Journaling is one of the greatest tools available for getting real with yourself and God. It is a critical component to living authentically.

Being overwhelmed at first is understandable. Try to remember this is no different than anything else ~ it’s one step at a time.

An “official” journal is not necessary. A simple spiral notebook will do just fine.

Someone may read your journal... If this is a true concern, determine to find a safe place to keep it. Perhaps in your car, at your work, with a trusted friend, top of your closet. Don’t let this fear keep you from journaling!

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A Good Place to Start - God's word.

- 🕒 The bible is the only true frame of reference for your life.
- 🕒 Begin with prayer asking God to:
 - * Reveal new insights as you read and meditate.
 - * Open your spiritual ears to hear what He has for you.
 - * Give you understanding to learn what He is teaching you.
- 🕒 Revelations from the Lord are personal. They are provided to you by the Holy Spirit.
- 🕒 Always come to God's word with an open heart and mind expecting to receive nourishment for your soul and refreshing of your mind.



Write down what the Holy Spirit reveals to you.

- 🕒 You will have the prompting of the Holy Spirit as you write.
- 🕒 This may include a word, thoughts, responses or feelings. You may be led to new perspectives, in a new direction, or just to be still.
- 🕒 Writing down the insights you receive is very important. You may think it's not necessary, that you won't forget. The busy lives we lead, and the digital impact on our minds, make it too easy to forget. Once written down, you can free your mind from trying to remember.

Record your emotions as you journal.

- 🕒 While you do not want to act on emotional responses, you also do not want to ignore the emotions that a passage of scripture, or thoughts that come up, evoke in you.
- 🕒 New understandings of how the Lord is working in you or how He desires to work in you can be seen when your emotions are better understood.

Prayers, ideas, visions, goals, struggles ~ anything that comes to you.

- 🕒 Anything that comes to you in your quiet time of journaling is appropriate to be recorded.
- 🕒 When something comes to you write it down. Don't assume it's not important.
- 🕒 If something has been on your mind, that's a perfect topic to journal about.



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Reflect on your writings.

- 🕒 Look back over what you have written down. Before closing your journal; read it and let it soak in.
- 🕒 Build a habit of reflecting at the end of the day, the following morning, or weekly.

Discuss anything that evokes questions or confusion.

- 🕒 It is not uncommon to have questions about revelations God brings forth. Especially, if you are new to listening to the Holy Spirit.
- 🕒 A mature Christian, someone you trust, can be helpful in gaining understanding. *Proverbs 11:14 says, "... victory is won through many advisers."* (NIV)

Gratitude is mission-critical.

- 🕒 Thank the Lord for the quiet time, for His faithfulness, for the person He created you to be.
- 🕒 Take nothing for granted giving thanks in the good and the not-so-good.
- 🕒 Be sure to celebrate every victory. No positive step is too small.

Mix it Up

- 🕒 You don't have to write sentence after sentence.
- 🕒 Write some words in CAPS or one BIG focus word.
- 🕒 Circle or highlight words/drawings that stand out to you.
- 🕒 Use colored pencils, markers, highlighters, stickers.
- 🕒 Use bullet points, arrows, or other symbols.
- 🕒 Draw stick figures, crosses, landscapes, whatever comes to you!



*Don't copy the behavior and customs of this world,
but let God transform you into a new person by changing the way you think.
Then you will learn to know God's will for you, which is good and pleasing and perfect.*

Romans 12:2 (NLT)



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Tips to Be Still

- 🕒 Place a sheet of paper to the side. When to-do's or errands enter your head, write 1-2 words about the item. Your mind can be trained to let it go - you won't forget, you made a note.
- 🕒 Set a timer. Start with just 3-5 minutes. The timer releases anxious thoughts about getting done to get on to other tasks.
- 🕒 Try to be in a spot without distractions. Turn off all digital notifications.
- 🕒 Realize, being still takes effort, intentionality. Typically, it doesn't come easy for women.



Think About It - To Journal or Not to Journal?

- 🕒 Is it mandatory? NO. Is it helpful? **ABSOLUTELY.**
- 🕒 Journaling is a tremendous tool for reflection and clarity.
- 🕒 Journaling helps you assess if you are making progress in areas of life vitally important to you. If you are making good progress, it helps you celebrate and stay the course. If you are not making good progress, it helps you evaluate and adjust - **not beat yourself up!**
- 🕒 Journaling gives you time to pause, pray, process, and ponder.
- 🕒 Journaling helps you attain peace and certainty before making life-changing decisions.
- 🕒 Your journal helps you remember and stay present as God speaks and moves in your life.
- 🕒 Journaling brings clarity to necessary changes to live the abundant life Jesus gave His life for.

Enjoy your time of journaling!

- 🕒 Journaling is a window to your heart, it keeps your heart close to God.
- 🕒 Allow your journal to become a companion.
- 🕒 This is time to get to know yourself better; the amazing person God created in you.
- 🕒 Trust Him. He is faithful and He will take you where you need to go.
- 🕒 Remember, the journey is where depth is found and transformation can take place.
- 🕒 Great influence (leadership) arises from the honest evaluation, focus, and action that comes through consistent journaling.



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Three Keys to Igniting Your Life to Thrive

1. Engage a trusted partner ~ you are not alone.
2. Engage in journaling - you are not alone.
3. Engage in a trusted community - you are not alone.

These three keys come from personal, ministerial, and professional experience.



1. **Partner** - *Why do we travel the road for so long feeling like we are all alone?*
There are as many answers to that question as there are God's daughters. Engaging a partner, someone we can trust, someone confidential, someone we know has our best interest at heart, helps us get out of our own way. The partner (a coach is ideal!) helps with perspective, authenticity, boundaries, and reaching goals.
The coaching process is one of the quickest ways to resolve struggles and move forward. Coaching is not however a magic wand. Just like any other strategy, we must do our part.
2. **Journal** - *Why do we avoid writing down our thoughts?*
We don't believe it's necessary and/or we don't want to take the time. The power of processing from our head to our heart in writing is well worth it!
Inviting the Holy Spirit in makes journaling a special time without pressure.
3. **Community** - *Why do we avoid it or complain because it's not fulfilling?*
Relationships can be hard and community requires commitment. We need both. Relationship needs can be met across multiple communities we partake in. One community everyone needs is a community that serves them - a place of trust to share and grow. Not only are we served, but we also serve others by sharing from our individual experience, strength, and hope.



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Let's Partner ~ click any picture for more information



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Igniting You to Thrive Beyond Your Wounds