

JOURNALING

8 MINUTE ACTIVITY

MINDSET ACTIVITY

For this activity you will need a notebook, paper, pen and a timer set to 8 minutes. Journaling is a super power, all you need to do is start writing...

The question we get asked the most is: WHAT DO I WRITE?

Journaling is a funny one, intellectually it makes no sense, why would I write when I don't know what to write - but once you get over the 'mind chatter' and put pen (or pencil) to paper you will find that your subconscious mind knows exactly what it wants you to write!

There are two ways you can get started:

Free Writing: Start by writing the following sentence "*I don't know what to write...*" and then notice how straight after that you begin writing...

OR use one or two of the following journaling prompts each day to get yourself into the habit of writing and trusting the process, then try the free writing exercise again and see what happens this time.

1. What kind of day do I want to have today?
2. If I could be anywhere in the world/do anything/with anyone where would I be, what would I be doing and who would I be doing it with?
3. If I could do anything today and no one else needed to know, what would I do?
4. What advice would I give my younger self?
5. If I had more time what would I do with it?
6. If I met a genie today what would I wish for?
7. If I could have 1 super power what would it be?
8. If all my bills were paid and someone gave me £/\$8k to spend on myself today what would I do with it? The only rules are that you can't give it away to charity or other people, you can spend it on activities with them, but you have to be included.