

# MAGIC TIME

## JOURNALING EXERCISE

### It's Magic Time

For this activity you will need a notebook, paper, pen and a timer set for 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, intellectually it makes no sense, why would I write when I don't know what to write - but once you get over that 'monkey 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 below to get yourself into the habit of writing and trusting the process, then try the free writing exercise again and see what happens.

1. If I met a genie today what would I wish for?
2. If I could have 1 super power what would it be?
3. What stories am I ready to stop telling about time?
4. If I suddenly had more time right now what would I do with it?
5. What do I want to do with the extra time I am finding every day?
6. If I had as much time as I needed ever day what would I be doing it with?
7. If I could do anything today and no one else needed to know, what would I do?
8. If the things I am overwhelmed by aren't actually about time, what are they about?

Try this exercise daily & let how you feel be your proof.