

# HOW TO TRANSFORM YOUR LIFE WITH JOURNALING

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**SIMPLE STEPS  
TO START YOUR  
FIRST JOURNAL  
TODAY**

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FREE GUIDE

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# BENEFITS OF JOURNALING

## What you're missing out if you don't keep a journal

### BOOST IMMUNE SYSTEM

Research shows that writing down your thoughts and feelings releases the stress and tension in your body, which in turn enhances your immune system.

When your cells are not busy with managing your negative emotions, they can finally keep you healthy.



### TIME MANAGEMENT

Planning your day and setting weekly goals is proven to help you manage your schedule better. Writing your goals on paper increases the chances of following through with actions by 42%.

This means more time for your passions, for your loved ones and for relaxation.



### INCREASED HAPPINESS

Writing in a journal has been proven to reduce the activity in the amygdala, the brain area where fear gets triggered.

In turn, your brain release dopamine, one of the happiness hormones that generate a feel-good state.



### REFLECTIVE AWARENESS

When you take the time to reflect on your actions, your wins and your lessons, you have the opportunity to grow.

Personal and professional development come from awareness and not repeating mistakes



### CREATIVITY AND PERFORMANCE

Writing exercises such as gratitude and creative visualisation boost your motivation and keep you inspired to create your desired future.

You can call it manifestation or inspired action, it's important you write down your ideas and vision with clarity.



### REGULATES ANXIETY AND DEPRESSION

Studies show that journal therapy can be a complementary tool for supporting the healing journey in cases of anxiety or depression.

Processing your thoughts and emotions on paper helps you deal with life better.



# HOW TO CHOOSE YOUR FIRST JOURNAL

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If you've never used a journal before, it's important to create a pleasant first experience.

Even if you write in a journal from time to time, you might want to revisit these next tips to make sure you are enjoying it just as much.

Choosing your writing tools is the first step. There's a reason why there are so many stationery shops out there so let's take advantage of it.

Here's what you should look for when you choose your first journal:

## SIZE

Do you want a regular A5 notebook or a pocket journal? Or maybe a bigger planner to keep on your desk and jot down ideas?

## COVER

They say not to judge a book by its cover, but this is your journal and you want it to represent you. Go for hard cover or leather, colorful print or classy, whatever feels right.

## BINDING

It might make a difference if you choose spiral over stitched, it looks pretty but can get entangled with your keys in your bag.

## PAPER QUALITY

From recycled to soft and all the way to different materials, your fingers will be happy to touch beautiful pages.

## LAYOUT

Lined, dotted, with guided prompts or white pages? What's your style?



## REMEMBER

**It's equally important what writing instrument you use, so while you're shopping for your journal, pay attention to this too. You have a variety of choices, from pencils, markers, pens, fountain pens and everything in between, The criteria should be simple: choose what makes you feel comfortable, it's easy to use and it comes in your favorite colour :)**

# SET UP THE ENVIRONMENT



Once you found your favorite notebook, you want to create a memorable experience so that you associate it with journaling and turn it into a regular practice.

You don't need to go out of your way every time you journal, but it might make a difference if you choose to create an environment of safety and calm.

## **1. Find a quiet space**

Your cozy corner by the window, your chair on the balcony, wherever you get some quiet time will do. Remove distractions - turn off your phone sound, close your laptop, lock the door if needed

## **1. Sound**

If you need to get into a calm mode with some music, you can go for sound meditations or piano.

## **1. Taste**

Coffee, tea, hot cocoa - your favorite beverage will make you feel comfortable when processing those heavy emotions

## **1. Touch**

Optionally, hold your crystals in your non-dominant hand (the hand you don't write with)

## **1. Smell**

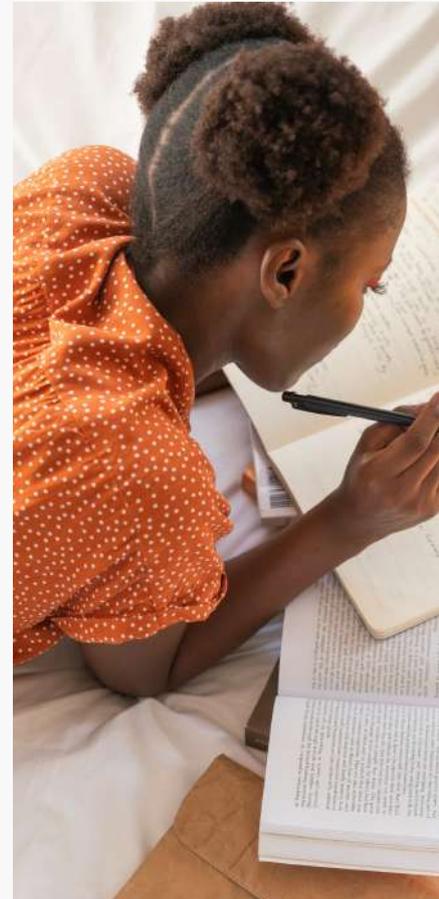
Sage or essential oils, maybe a scented candle or sticks, make it calm and you'll get transported into a different dimension where you can pour your heart on paper.

Defining the purpose of your journaling session will set your intention and help you choose the best starting point.

If you want to process some negative emotions, heal from trauma or overcome grief, be gentle. You can use guiding questions or just start channeling your emotions on paper, but make sure you don't push yourself too hard. When you get emotional, take a break, breathe, cry if you need to and be compassionate. This might take more than just one writing session.

Writing to plan or to set intentions and goals requires a different rhythm. You might want to do a visualisation meditation first so you connect with your purpose. You might need more guiding prompts for clarity or you might start with a list of goals.

As you can see, the purpose of your journal can require a different dynamic in terms of your experience and all you need to do is honour the practice so you keep coming back.



#### REMEMBER

**You can set a timer if you're feeling some resistance against writing, Create a 5 minute gap in your schedule and write without taking your pen off the page.**

# WHAT'S YOUR PURPOSE

# CREATE A ROUTINE



## PROXIMITY

Keeping your journal next to your bed will remind you to write when you wake up, maybe jot down the dream you were just having. Or maybe it will motivate you to put your phone down before going to bed and journal about your day instead of scrolling on social media. Either way, having your journal in sight and close by will reinforce your practice and create a habit.

## REWARD

Our brain loves a good reward. Many times, we choose activities that will reward us with some sort of pleasure or release. Journaling is both a way to generate your dopamine dose and a stress release. If that's not enough, think about rewarding yourself "I won't make my favorite tea until I journal for 5 minutes" or "I will put on that soft hand lotion only after I write"

## TIME OF DAY

Everyone is unique. Maybe mornings are crazy for you or maybe you prefer to keep your lights off at all times in the bedroom at night. This is why it's up to you if you want to journal in the morning or in the evening or even in the middle of the day. Try different times of the day, see what fits your lifestyle and choose whatever works best for you. There's no right or wrong, there is WRITE (see what I did there? :))

# YOUR FIRST JOURNAL ENTRY

OK, your journal is next to you, the candle is slowly burning, the calming music is playing in the background and you take a sip of coffee while getting comfortable on your sofa.

Time to write.

If you need to set a timer, go ahead.

Otherwise, see if you can listen to the voice in your head and transcribe what is saying to you. No judgement. Even if it's saying "This is stupid. I don't want to do this". Just write it down.

If it's quiet inside, take a deep breath and start with "Right now I'm feeling...."

Remember the main **rules of journaling:**

1. There are NO RULES :)
2. Be honest
3. Don't judge yourself
4. Don't worry about grammar or spelling or punctuation
5. Don't overthink it
6. Don't be ashamed or embarrassed
7. Don't make yourself guilty
8. Let your thoughts flow, even if it doesn't make sense at first
9. It's ok to stop writing when you feel overwhelmed
10. Be kind with yourself!



## REMEMBER

**You don't need to read what you have written. once you finish your first entry, close your journal and take a few deep breaths to recollect yourself, especially if you released some heavy emotions.**

**Don't worry about correcting your writing, this is only for your eyes and it's ok if not even you can understand your own handwriting. if you want, you can even rip the page and throw it away - it might complete the process of releasing your pain. Otherwise, in case you want to read it in a week or in a year, you can go back and see your progress.**

# YOU DID IT!

Here are some more journaling prompts in case you get stuck:

1. Last time I felt sad was... because...
2. Last time I felt happy was... because...
3. Write a list of 10 things that make you worried right now
4. What are you grateful for?
5. What do you love most in your life right now?
6. I feel most energised when I...
7. How does your ideal day look like?
8. What scares you the most right now?
9. My biggest accomplishment so far is....
10. I feel proud of myself because...



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# AND REPEAT!

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