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LOVE TO JOURNAL

THREE

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\*\*\*Extracted from Love To Journal – Journaling book\*\*\*

# Journaling magic

*With the right vibes and the right people, it's easy to create something magical. Dinah*

*Jane*

What better way to start your journaling practise than to greet your journal. We do these prompts to bring super positive energy to your journal. I believe that journals are living things and need to be set up to receive whatever is coming over its life. This is foundational journaling magic. As you start to do more writing and reflecting in your journal, you need to consider how to bring magic to your daily practice. Get yourself a brand new journal. Pick one that you would love to write in. I don't believe in using cheap notebooks, because you want your journaling practice to reflect the value that you place on yourself.

## Rituals for new journals

I usually start a new journal at the beginning of the month, sometimes at a new moon or at the start of a new journaling project. This book is what I'd call a journaling project. The ritual goes like this:

- Bring energy and intentions to your journal
- Expectations and feelings
- Create or revise your bucket list for your soul
- Design or revise your focused life areas
- Where am I?
- Who do you want to be?
- What do you want to create?
- What does my future self know?
- Discover or reconnect to your big life goal, dream or desire
- What other goals do you have?
- Creating or reconnecting with your vision
- Checking in with your values
- What is the next aligned step?
- Successes and celebrations

## **Bring energy and intentions to your journal**

All of my journals are living breathing beings that hold my vibration and essence. Before I use a journal, I want to bless it and create intentions for it. The simplest way to do this is to hold it in your hands and breathe love into it. Go to the first page of your journal and write your intentions.

### **Expectations and feelings**

What are the start of your journal expectations? How are you feeling? What thoughts do you have as you enter this phase? What would make it go well? What outcomes do you want? How do you want to feel when you reach the end of the month?

*Journal it: As you start your journal, what are your expectations let the energy of your desires flow to the Universe?*

## **Brainstorming your bucket list for the soul**

At the start of each new journal (month, new moon), it's a great idea to think about what you want. The things on your list can be anything, the point is for you to just scribble and to keep scribbling. These can be anything from new shoes, the windows painted, to a baby, a new job or change in business direction, better health, self-love, inner peace, or meeting your soul mate. Just get them all out. Why anything? Because often, what we desire has a deeper fundamental meaning. New shoes could be about self-esteem, new doors – safety, or a holiday – you need to unwind and escape from the day to day stress. Start with the mundane, move on the material and finish with the magical. Keep coming back and adding things in. This is great fun, and you will end up with all kinds of things on your list. If you are stuck for inspiration, take a look at the life areas in the next section.

*Journal it: Write your bucket list – start with the mundane, move to material and end with the magical.*

## **Life areas**

Life areas are where we want to create areas of focus. Look at your bucket list, which of these items fit into these life areas? These are a suggestion to kickstart you. Take a look, do any resonate or do you have different life areas that are important to you?

- Health and wellbeing
- Learning
- Financial
- Heart and spirit
- Experiences
- Mental/emotional
- Love/Partner

- Family
- Friends
- Mission/Vision

## Your focus for the journey ahead

Once you have reviewed your bucket list, you will probably find that you have a different set of life areas that are important to you that you want to focus on. Go through your list and write down the life areas that you want to focus on. You can come back and refine them later on. Take your time. You may find that these will change. These are mine:

- Health and wellbeing
- Love and marriage
- Business (structure, strategy and success)
- Novels and writing
- Wealth (health, financial, social, spiritual)
- Spirituality (me and my space)
- Inspiration – being of service
- Relationship with me and others
- Community
- Creativity

When you get to daily journaling, you will start to use these as the focus for actions (to do's) for the day ahead. Don't freak you don't need actions in everyone – just the priority ones for the day. Either print your focus areas out and glue them into the front of your journal or write them out as a reminder. I write each one in a different colour.

*Journal it: Think about the things you want, look at your bucket list for inspiration. When you have done that, create the list of life areas you want to focus on.*

## Put your list into life areas

When I have my life areas, I go back through my bucket list with a coloured pen and mark them up. Anything that doesn't fit is probably mundane or material. All of these categories are important. For example, there are lots of things around the house that need doing, I put these on my material list, put them in order of priority, set a budget and time frame and tick them off, one by one. You will find that as you do this, certain ones will jump out as priorities.

*Journal it: Go back to your bucket list and mark them up with your life area categories. Anything that doesn't fit could be the mundane or the material – simply mark these like that.*

## Where am I?

Put a stake in the ground and look around. This may seem very simple, but it is, in fact, very powerful and may bring up all kinds of feelings. You must look around you and take it all in. Simply acknowledge that this is where you find yourself. Describe where you find yourself. Consider how this feels. What do you see and what do you know about this place? I do this when I am feeling a bit lost, as well.

Take a look at these life areas and mark yourself 0 (it's a bit rubbish) to 10 (yahoo all is well in my world). If you have created your own list, write these out and do a check against them.

- Health and wellbeing
- Learning
- Financial
- Heart and spirit
- Experiences
- Mental/emotional
- Love/Partner
- Family
- Friends
- Mission/Vision

When you consider each of the areas, ask how much energy, time, or the effort you are putting in. What works for me is energy, what might work for you is time and effort. For example, a high number in the finances does not necessarily mean that I'm well off but instead means that I take good care of this area, spend responsibly, etc. The key is to make these your own so that when you undertake a review, you can say mmm last month I was doing great on managing my finances, why aren't I now? You may see that another area has also been neglected, e.g. your health, and this is what has impacted your finances. You will then see that in this case, you must address your health to bring the finances back into balance, and this is your priority

*Journal it: Describe where you are. Consider how this feels. What do you see and what do you know about this place? Mark your life areas out of ten.*

## Who do you want to be?

This may look and feel like a difficult question, but it isn't really. It is iterative because every time you go through personal transformation, you find out a bit more about you. For years I wanted to be someone who inspired others to write books. Then I discovered that what I really wanted was to be someone who wanted to inspire others to embrace journaling magic so that they could find out what they wanted and who they wanted to be, and I want to be a novelist.

Looking at who you are now, be really truthful and speak from your heart. It could be a supportive and loving partner, a shining light to your children and someone who inspires them to follow their

dreams. You may want to be a leader of some sort – what kind? You might just want to be kinder and more compassionate and perhaps a little less judgemental.

*Journal it: This is a beautiful question – who do you want to be? You already know the answer. Let it flow.*

## **What do you want to create?**

Creation is about envisioning. Shortly you will be writing about your perfect day. But first, kick start the process by asking the question, what do I want to create? Often if you can't see it, you can't create it. Think about how it will make you feel when you have what you want. The Universe will respond to the energy of what you put out. This is a question I ask all of my clients when we start working together because it gives me an idea of what is in their hearts, and it starts them wondering what is possible for them. I want to create a community of writers and journalers who use writing and energy work to discover what they want, who they want to be, heal, find meaning and purpose and go on to inspire others to know what is possible in the world.

*Journal it: What do you want to create? How will you feel when you have created it and who will you be?*

## **What my future self knows**

Your future you, is very wise. Ask a question. There are two ways that you can do this:

- Use the three hearts meditation to go into a meditative state and join your future self for a chat. What does he/she tell you that you need to know? Look around the place that you meet in and get a good idea of where they live, what the place they meet you in is like – colours – furniture – décor, etc. What do they look like?
- Write a question in your journal, dear future self can you tell me...? Then sleep on it. Literally, put your journal under your pillow. When you wake in the morning, write the answer

*Journal it: Go to a future version of you and ask them any burning questions you have, knowing that you already know the answer. There is no such thing as a wrong decision or wrong answer. When you consider your questions, ask if are you choosing from love or fear? Then ask what the next right step is? Ask clarifying questions. Make sure you are connected with the energy of it already being done and then making decisions from that version of you. What do you need to get you to where you need to be?*

## **What is your big life goal, dream or desire**

When you look at your bucket list and life areas, what is the one thing that stands out and screams – me, me, me? This will be the 'thing' that I call your big life goal, dream or desire. This is a great moment to step back and consider if the things you are doing and the things in your life are serving you. Start by reviewing your bucket list and then asking your heart what your big life goal, dream or desire is. See it as done and then say, and so it is done. Your big life goal, dream or desire will often come from the magical part of your bucket list. Look at your list and intuitively pick that one big thing. For

example, when I look at my bucket list, I know that writing novels is my BIG dream. This is my prime focus outside of my business and life goals. To enable me to achieve this, I need to create conditions that allow me to do it. Underneath this big life dream sits smaller goals and other desires.

The key thing to remember is that a dream written down with a date becomes a goal. A goal with daily aligned actions helps you to make your dreams come true. To make this work, your big dream or desire needs to become a goal.

*Journal it: Write out your big life goal, dream or desire, get out your coloured pens and make it bigger and brighter. What do you see, feel, sense or know? Who will you be when you are living this goal, dream or desire? Explore.*

## What other goals do you have?

As well as your big life goal, dream or desire, there may be other goals that come from your bucket list. The key with goals is to not have too many, or you will become overwhelmed, and then nothing will get done. I like to have a focus for the next 90 days. Goals are a roadmap to a place you want to go, they are future-focused and something you want to create in the world.

*Journal it: Choose two other goals to focus on for the next 90 days.*

## Creating future magic

You could set goals using the SMART system, but we are going to create our goals by creating future magic. Magic stands for:

- M – Measurable
- A – Aligned action
- G – Grounded in reality
- I – Inspired and inspiring. Is this goal, dream or desire consistent with your values?
- C – Clarity

An example for writing a novel might be:

- M – written by March 20xx
- A – create a plan, outline, write, edit and publish, with dates beside each action
- G – given everything else I need to do, the deadline is achievable
- I – becoming a novelist inspires me – it is my big life dream, and it will inspire others
- C – I am clear on the specifics, which are – I have written a book called xxx, by xxx, I have my action plan, steps and I know what it will give me, how I will feel and who I will become

*Journal it: Apply the magic formula to your goals and then check in with your heart that these feel congruent with who you are and what you want. Is this goal, dream or desire in alignment with your truth, heart and soul? How does it contribute to your health, wellbeing, happiness and long term vision for your life?*



# Envisioning

Connect to your heart, while thinking about what you want to create in the world, review your bucket list, life areas, your big life goal, dream or desire, other goals and who you want to become, and then write about your perfect day. This is an imaginary day, sometime in the future, where you have everything you want. You've achieved every desire you could ever have; you live exactly where you want, and with the person or people, you want to be with and have everything you want. Write it as if it were already true and here. Remember to date it and say thank you. Have fun.

Your unconscious mind doesn't know the difference between reality and imagination if they are both fuelled by an emotional response, so it's important to fully engage with the sights, smells, tastes, sounds and the feel of the situation you are imagining because reality involves all the senses.

And, once you set out a clear description of your perfect day, and focus on it often, your unconscious mind will do everything it can to balance out the reality it sees with the reality it has been shown. Once you have the story of your perfect day set in stone by bringing it to mind often. You will soon be able to recall the story at will.

## Bringing it alive

- Create a scene in your mind of an imaginary movie theatre. Imagine yourself sitting in the centre of the front row
- In front of you is a large screen and on it is the start of your perfect day story
- Start the movie and run your story all the way to the end
- At the end of the movie, freeze the last frame
- Turn up the colours, the brightness and the sounds and imagine yourself walking into the movie on the screen
- Fully absorb yourself into the "you" on the screen
- Restart the movie and enter your perfect day
- Run the movie through several times at normal speed while experiencing all of the wonderful colours, sounds and experiences of the new you. See the sights, hear the sounds and feel the feelings
- Then freeze the last frame
- Repeat the process until this feels like the real you

This technique lets your unconscious mind know that this is your reality and will now make everything in the movie happen. Read through your perfect day often and run the visualisation exercise again several times. Muse on this as you go about your day. You can even do this as part of your daily meditation or walk. And don't forget to watch for the changes that show up in your life, and record these in your journal.

Finally, plant your perfect day in a small plant pot or perhaps a candle holder, add in things that feel enriching. I, for example, would add crystals, you could add in hearts and light a candle. If you have an altar put your pot on there.

*Journal it: Write about your about perfect day and bring it alive. When you have done that plant it.*

## **Successes and celebrations**

Head to the back of your journal and write – success and celebrations. Remember to go their as soon as you have a success or feel that you want to record a celebration.



# Daily magic

Getting into a good routine for the day will make all the difference to your day and to your life. When you are journaling, consider:-

- Your goals, dreams and desires
- Where you are and what you want to create in your life
- Who you want to be
- How you want to feel about your life
- What you are open to giving and receiving
- How gratitude, appreciation and your blessings are helping you to learn more about you and the way you live your life
- What daily aligned actions you will take?
- What you want to let go of
- Time for reflection

## How to design daily magic

Journal as often as you can, but don't put yourself under pressure, and if you miss a day – start again the next day. I love starting my day with an affirmation, envisioning what I want and ending it with reflection and my gratitude practice. When I am not doing my gratitude practice, I will either freewrite, pick a prompt or choose an oracle card. I make journaling easy by intuitively following what needs to come to the paper. And if I do not want to journal for a day, I don't. On these days, I may connect to my future self or my guides, ask a question and go to sleep, knowing that in the morning, I will have some answers.

The most important thing about creating a daily routine is designing one that works for you. There is loads of advice about how to make this work, but unless you understand how you tick, none of them is going to work.

## Freewrite or structure?

### *Freewrite*

Freewriting is a way to let whatever needs to meet the page flow. The key is to relax, breath, ground and centre first and then write. I have a method for getting to the heart of what needs to come out, and that is to start writing about the mundane and allowing the magic to flow. The idea is that you let your thoughts, feelings and emotions to arise without judgement and without censoring your language or words, express yourself freely. When you let go of judgement and expectations, your writing will flow, and you will feel great for having got it all out.

You can use freewriting to either let it all out and let the day or thing that is bugging you go, or you can choose a topic and focus on that. For example, one of my favourite freewriting exercises is to write to my heart and then ask my heart to write back to me.

*Journal it: Set a timer for 10 minutes, either write to your heart or simply put pen to paper and write. Simply enjoy the process*

### *Structure*

Having a structure such as using the ideas in journaling magic to kick start your journal or month gives you a framework to write within. Using journaling prompts helps you to focus your flow, although who knows where a prompt will take you, and that's one of the things that I love about prompts is that they take you into the realms of freewriting.

*Journal it: Set a timer for 10 minutes, put pen to paper and answer this question – what was the best thing about today?*

## Mornings

For some people, mornings are often a mad rush to get out of the door and into work. They don't need to be like that if perhaps you planned a bit more. Of course, that is easy to say, you might have a million and one things tugging at your energy and time. However, you need to figure out what needs to be done and then when and how you are going to do it. As I've said, I love to start the day with an affirmation. I have other friends who can sit and journal for ages in the morning.

## Evenings

One of the reasons that I journal at night is that in the morning I like to do my grounding and centring work, perhaps a mental visit to my future self or visualising my day, and then I have two dogs to take for a walk. They will harass me until I obey them. Also journaling at night allows me to let go of the day. Here are things that I do:

- Three times a week (every other day-ish), I look at my focus areas and intuitively choose a few areas that I need to do something with and write one thing I need to do to ensure I am taking aligned action. Remember, these focus areas came from my bucket list
- Three times a week, I write what I am grateful for (up to 3)

- Pull an oracle card and write about what that means to me
- Pick a prompt
- Ask a question for my future self or guides
- Freewrite

The key for me is to do what feels good in the moment. In this way, journaling remains a joy. The way I look at it is that no matter how disciplined you are, life can get in the way. I like to think more about how I use my energy rather what time I have to do things by. To make this work for me, I use my most productive times (the morning) for my most challenging tasks. This means that once I have walked the dogs, I feel energised to get to work. By the afternoon, my energy is dipping.

Think about it, we all have a finite amount of energy available to us. Energy management is just as important as how you manage your time. What is also important is making sure that you get good quality sleep so that you can follow any routines that you set up for yourself.

Having no routine or structure can be mentally draining as you will continuously be catching up, procrastinating, missing essential things and possibly letting others down. Designing a daily routine that works for you is an investment in your personal growth, inner peace and contentment and a way to be your best self.

Habits like journaling can support how you live your life, manage your energy and help you to achieve what you desire. Never be afraid to experiment with your habits and see how they will work for you. If they support you to feel energised then great and if they don't try another way. New research suggests that you need to do something for 66 days to create a habit.

Becoming a regular journaler requires focus and discipline. This can seem like someone is bossing you around, and you may feel resistance. Examine where that resistance is coming from – yes even journal on it. Then do something about it. The biggest takeaway from this is – design your routine, experiment with it and make it work for you. And start a new journal with the right vibration. Once you have done this, you will be ready to practice affirmations, gratitude, daily prompts and free writing.

*Journal it: Explore what a great routine would look like to you and remember to add in why it will work.*

## Affirmations

When you do add in an affirmation (see later), stay focused on it during your day. Here is a selection to get you started – there are lots more in the affirmations chapter. Choose one of these or make up your own. At the end of the day, I follow up with your gratitude practice.

- Life is what I make of it
- I can
- Happiness is a choice. I choose it
- Today, I let go of old habits and take up new ones
- I am seeing a positive in every situation
- My thoughts are becoming more positive each day

- Life is getting better all the time
- I am turning into the person I always wanted to be
- My optimism is altering my reality
- I am at peace with my past and looking forward to the future
- I no longer fear tomorrow
- I am blessed
- I control how I feel
- I am willing to do what it takes to make positive changes
- The future is mine if I choose to take it
- This moment is awesome
- Today is the first day of my new life

## **Envisioning your day**

When you have your affirmation ask - how you would like your day to be, and what do you want? I find writing and/or visualising about how I would like my day to be as if all of the wonderful things have already happened extremely powerful. Carry on describing and feeling what you have so that you bring it alive. Choose words that are vivid and light you up. Think about how you feel and pull that into your heart space.

## **Journaling prompts**

There are lots of journaling prompts later in the book. Pick a prompt for the day and write for five to ten minutes. Always be guided and pick a prompt that resonates, rather than forcing it.

## **What is the next aligned action for your life areas?**

When you look at your life areas, ask what is my next aligned action for the ones you want to focus on. What I do is scan my life areas which I have written on the inside cover of my journal and ask which one or ones do I need to focus on and what is the ONE thing I need to do today. Check-in with any blocks and resistance you have to getting things done and ask why – this is a wonderful way to check in to see if these things are really what you want to be focusing on or if you need to do some digging. When you assess your aligned actions, what do you notice as you go from day to day, week to week or month to month? E.g.

- Health and wellbeing – start juicing with celery \*
- Love and marriage
- Business (structure, strategy and success)
- Novels and writing – do a character sketch \*
- Wealth (health, financial, social, spiritual) – start a money tracker \*
- Spirituality (me and my space)
- Inspiration – being of service

- Relationship with me and others
- Community
- Creativity

*Journal it: Describe your next aligned actions where relevant. Always remember to say thank you for what you already have. AND remember to do them... If your aligned actions, don't get done – explore why.*

## **End of the week reflections**

At the end of the week, reflect on some of the things you have written about and how they have impacted your life. Before you start to write, read through your week and simply become aware of anything that stands out for you, focus on your affirmations, gratitude, journaling prompts and colours and patterns in your mandala, and ask what do you learn from these things? When you have mused, you are ready to reflect on your week.

*Journal it: What have you learned about you? What are your most significant insights?*



# Journaling prompts



I am surround by love, peace and harmony

I AM ABUNDANT AND LOVING  
LOVE COMES TO ME

Easily and quickly

I am surround by love, peace and harmony

I attract  
LOVE INTO  
MY LIFE

I am  
grateful  
for all  
the love

I am surround by love, peace and harmony

THAT I  
RECEIVE

I AM loving and kind

My heart is open and  
abundance effortlessly flows  
into all areas of my life

Being  
LOVING  
is EASY

I Love l  
Life And Life Loves Me

LOVE FLOWS TO ME IN EVER  
INCREASING QUANTITIES, AND I AM  
OPEN TO RECEIVING

My heart is FULL  
of LOve

I am surround by love, peace and harmony

# Self-love and healing your heart

*If you find the mirror of the heart dull, the rust has not been cleared from its face. Rumi*

Unconditional love is the path of acceptance of yourself, everyone else and your heart. It has to start with you.

- How you love yourself affects how happy you allow yourself to be
- How you love yourself affects what opportunities you allow yourself to take on
- How you love yourself affects how others treat you
- How you love yourself directly affects your work, your relationship with your family, your relationship with friends and your love life

Self-love supports your physical, mental, soul and spiritual growth. To keep the energy of love healthy, we need to be kinder, more compassionate, have gratitude for who we are, open to receiving as well as giving and be more loving to ourselves. When we practice self-love, every cell in our bodies will hear, respond and resonate with love. Like air, food and water, it is essential. With love, we can set ourselves up for continuous, conscious and unconscious healing.

Self-love is something that is often neglected; we spend much of our time worrying and caring about others that we forget to look in the mirror and say, 'hey gorgeous'. We forget to nourish and nurture our souls. Loving ourselves is vital to thriving. Self-love helps to drive away fear and creates the conditions for healing and growth. When you love you, others will feel a vibrational pull towards you and you towards them.

What if every day you started it with a simple, I love you and then repeated that over the day. I love you... I love you... I love you... Falling back in love with yourself may not be the easiest thing to do when you first start, but with daily practise, it will come. Doing something like the Metta meditation in front of a mirror is incredibly powerful.

Take this opportunity to fall back in love with yourself and to be open to receiving unconditional love. One thing is for sure, you deserve all the love there is. Your relationship with you is your most important job, get that right, and everything else will flow.

If resistance comes up, say thank you and make peace with it. You could say I love the part of me the wants to resist this. Then consider what you are learning from this. Be gentle with yourself, and

like any practice, know that it can take time. Let your heart be your guide on this journey of loving self-discovery.

# Metta meditation

In Metta meditation, we direct loving-kindness toward ourselves and then, in a sequence of expansion, towards somebody we love already, somebody we are neutral towards, somebody we have difficulty with, and ultimately toward all beings everywhere.

## Directed to yourself

You begin with yourself because without loving yourself; it is difficult to love others.

May I be filled with loving-kindness

May I be held in loving kindness

May I accept myself as I am

May I be happy

May I know the joy of being alive

Repeat this as many times as you feel you need and then move on to the next step.

## Directed to someone you like/ love

When you feel you have established some stronger sense of loving-kindness for yourself, you can then expand your meditation to include others. After focusing on yourself for five or ten minutes, choose a benefactor, someone in your life who has loved and genuinely cared for you. Picture this person and carefully recite the same phrases:

May you be filled with loving-kindness

May you be held in loving kindness

May you accept yourself as you are

May you be happy

May you know the joy of being alive

Repeat this as many times as you feel you need and then move on to the next step.

After this, you can include others: Spend some time wishing well to a broader circle of friends.

## Directed to the world and globally

Then gradually extend your meditation to picture and include community members, neighbours, people everywhere, animals, all beings, the whole earth.

May we be filled with loving-kindness

May we be held in loving kindness

May we accept ourselves as we are

May we be happy

May we know the joy of being alive

Repeat this as many times as you feel you need and then move on to the next step.

## **Directed to someone who challenges you**

Finally, include the difficult people in your life, even your enemies, wishing that they too may be filled with loving-kindness and peace. This will take practice. But as your heart opens, first to loved ones and friends, you will find that in the end, you won't want to close it anymore.

May you be filled with loving-kindness

May you be held in loving kindness

May you accept yourself as you are

May you be happy

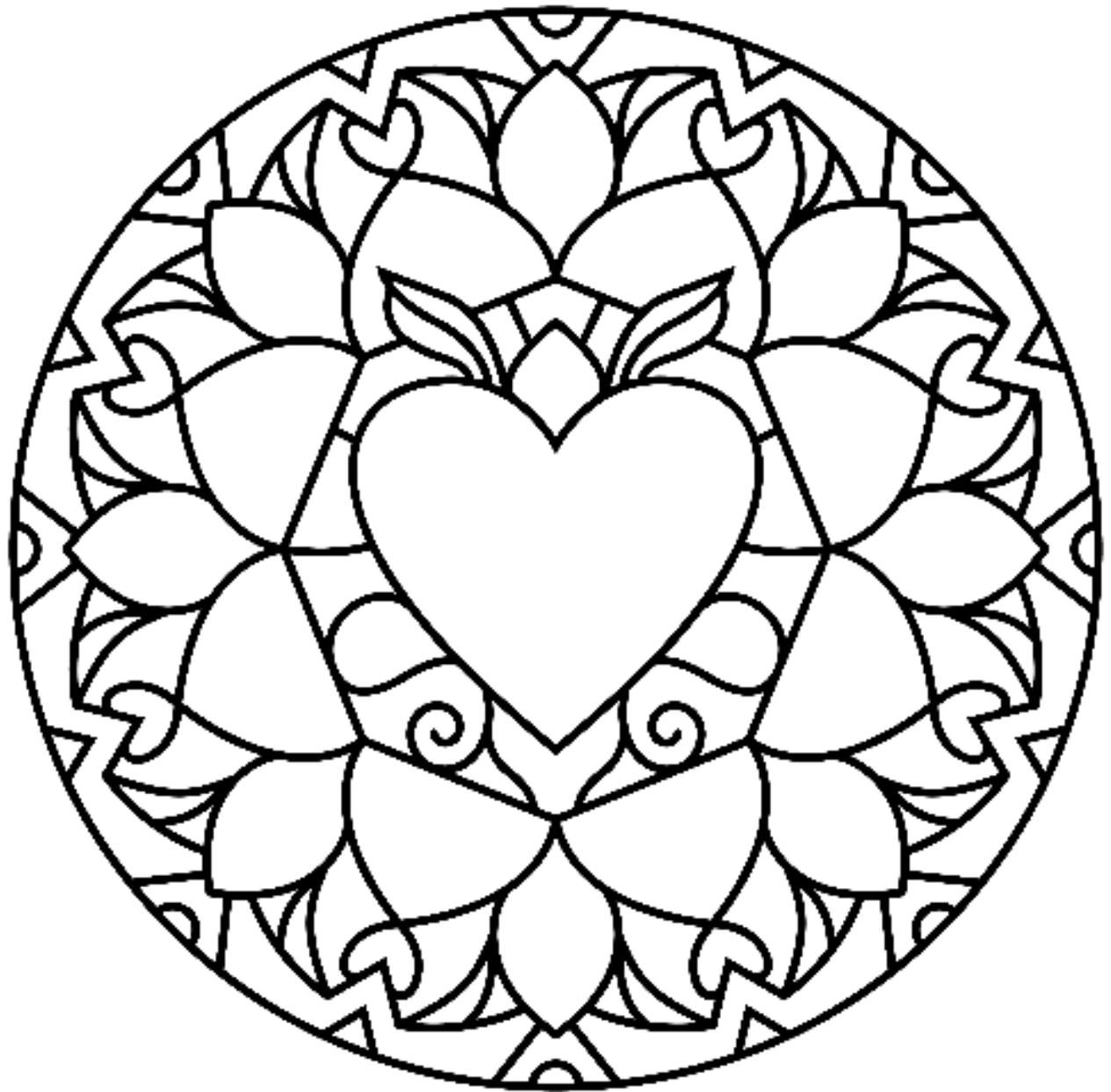
May you know the joy of being alive

Repeat this as many times as you feel you need.

That's it, one of the most powerful meditations I know and one which will I am sure will change your life as well.

## **Journaling prompts**

- What is your biggest struggle with loving yourself?
- What do you need to start saying "yes" to?
- Name a thing that you love about your body and then something you love about your personality
- How would you describe yourself, lovingly, to a stranger?
- How can you love yourself more?
- How can you show yourself and your body love?
- How would you feel if you truly loved and accepted yourself?
- Spell SELF-LOVE and make each letter form a random word. Freewrite for ten minutes



# Having the courage to heal your heart

*You must be the person you have never had the courage to be. Gradually, you will discover that you are that person, but until you can see this clearly, you must pretend and invent. Paulo Coelho*

What is courage? What does it mean to you? To me, it is simply the ability to confront my fear, with confidence. The heart is about courage and having the courage of your convictions.

Courage comes in many sizes and shapes, from confronting Harry, the spider to making a sacrifice to gain something valuable. Sacrifice in the sense that you are surrendering the old you, embrace your fear and uncertainty so that the new you can wake up, become aware and embrace being alive – truly alive.

Courageous people have a certain power and control over their destinies, even when they don't know what is around the corner. They know that because their values support the foundations of who they are, and they have a healthy mindset (even if it waivers) anything is possible.

Courageous people know in their hearts that there is a deeper purpose for the way that their lives have unfolded. They have faith. They have love. They share their inner beauty with the world because they believe that many hearts can make a big difference. Through their very being, they demonstrate love and light.

People with courage know that from the moment they were born, when no one told them that they couldn't, just got out there and rocked. If you wanted to wear pink trainers with an orange frock, you did. If you drew a picture, you would run around showing everyone, the same with your stories. So, what happened?

Sadly, we lose our connection to our energy source which keeps the flame of courage burning, somewhere along the way, for all kinds of reasons and that is ok, it is just part of our journey. At some point though you need to heed, fight the fear, change your mindset and take control of your life and open the gates to your heart, divine inner wisdom and courage.

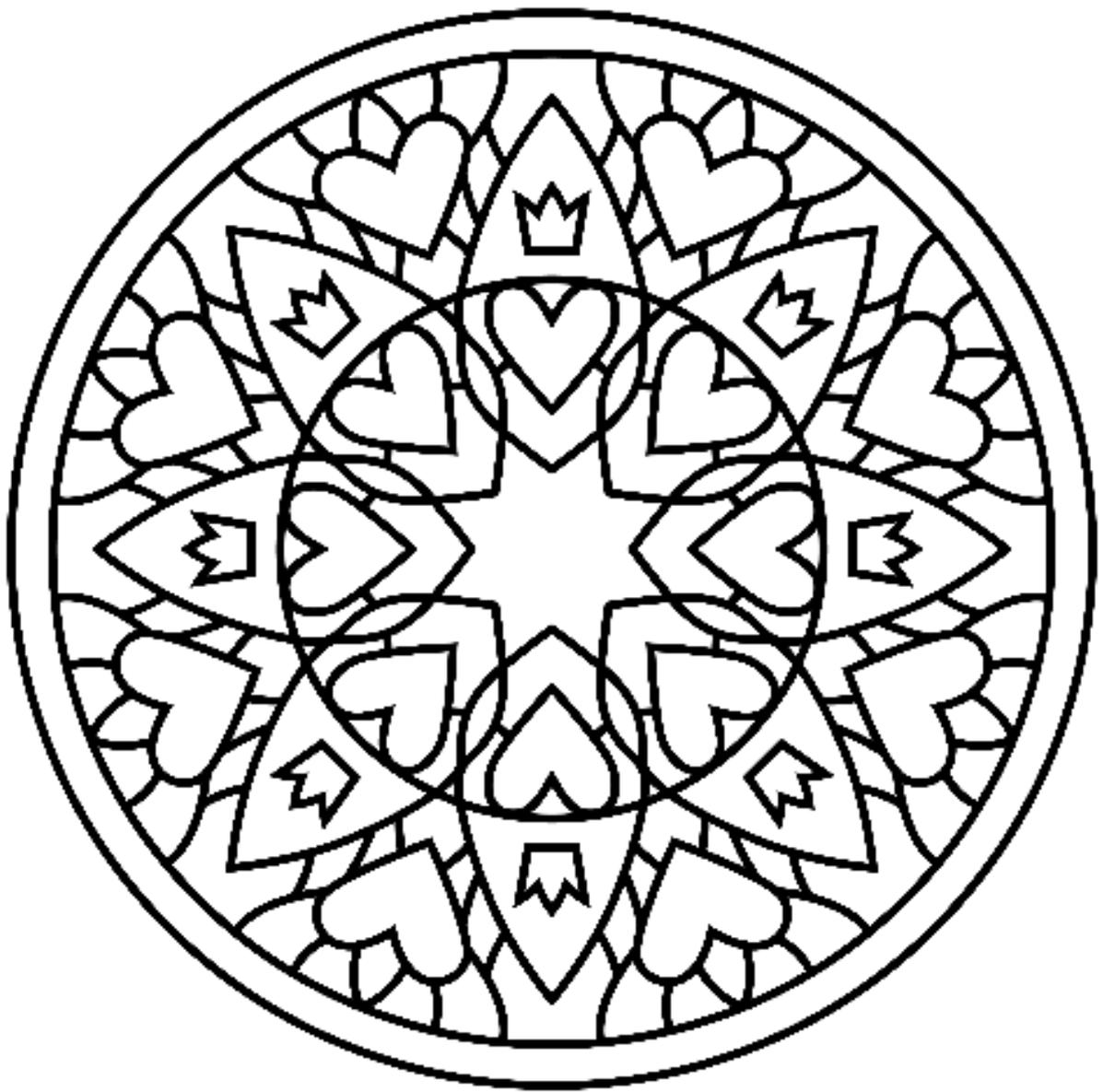
If you have been betrayed and hurt in the past then as you begin to open yourself up again, anchor yourself in courage. Remind yourself when you used courage before and mirror what you did.

Consider how much courage you showed when you released and let go of someone who did not serve your highest good. We often hold on to unhealthy relationships because we are afraid of being on our own. A commitment to love is far greater than the fear of being alone, and that's what courage gives you.

Have courage and surrender to all that love can give you. This is a process of release and while it may feel like it takes forever or that you are not making significant inroads know that each day that you are taking one more step towards getting the love that you desire.

## **Journaling prompts**

- Imagine that you have the courage to change and grow, what would you change and why?
- Think about courage, ask yourself what does courage mean to you?
- Where have you shown courage?
- What have been your most courageous actions?
- How can you be more confident and dare to really be you?
- Write about a time when you overcame adversity and showed great courage. What did you do, how did you feel, and what did you learn?
- Spell COURAGE and make each letter form a random word. Freewrite for ten minutes



# The heart and relationships

*At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. Albert Schweitzer*

Do you enter relationships with your walls down and your heart exposed? Or do you protect yourself until you feel safe? It's natural to feel some fear when entering into a relationship with someone else, be that a friend, family or lover.

It might be that you feel if you expose your true self that someone might take advantage of your kindness. When you have healthy boundaries (see later) it will be easier to let down your guard, let go and let love. A heart-to-heart relationship can be cultivated by moving into your heart and witnessing relationships through the lens of love.

What do you believe are the crucial aspects of a relationship? What about:

- Trust
- Honesty
- Respect
- Communication
- Loyalty
- Compromise
- Safety
- Independence

What would you add to your list? When you have done that, consider why these things are important to you.

Friends, family and partners are to be cherished. I believe that great relationships start and end with friendship and respect. So, what makes a good friend? Is it someone who is there come what may? Is it someone with whom you have a bond which feels like you have an extra family member? Have you noticed that with some friend's time and distance does nothing to weaken the bonds you have with them?

What draws people together? I believe that we share common values, ideals, interests, experiences and sometimes history. There is also a commitment from them to our happiness and vice versa, of course. We both want the best for each other and despite the occasional spat stick together and support each other through both the good and not so good times. A truly good friend

will not ask you to compromise your principles, and they definitely inspire you to be the best version of you.

One of the ways to attract good friends is to be a good friend yourself, to show up in the world, do the right things and treat others as you wish to be treated. Muhamad Ali says 'Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything.'

Friendship is something to be valued, and if there are people in your life that do not appreciate you or your friendship, there may come a time when you need to fire these people. Friendships are dynamic. Think about this, how many 'best friends' can you have? Friendships require investment in time, energy and love. People do come into your life for a reason, a season and a lifetime lesson. Look at your friends and work out which they are. Then decide what you will do with each if anything.

Be grateful for whatever other people bring, for they do bring a lesson and however that may play itself out, it is meant to be. When you are with someone, and they are reflecting something back, ask (no matter how painful), what did I need to learn about myself in that?

People will either lift you or drown you, and it is your choice, which it is. Choose to refresh your life with energising friendships.

## Journaling prompts

- Describe what friendship means to you, what is important, and what you look for in your friends.
- How are you being your best friend? Often, we forget to treat ourselves as well as we could. What if you did?
- Complete the following statement: A true friend is...
- Bring a friend, family or lover to mind. Write down every feeling you have when you think about this person. When have you experienced those feelings before? What memories are attached to those feelings?
- Write about how you like to show your love to others, what kinds of things others do that make you feel loved, and how you know when someone cares about you
- How does loving and accepting yourself affect your ability to love and accept others?
- What is the most important thing you can do to nurture a loving relationship?
- Think about people you know who are in good relationships. How do they demonstrate this quality/action/trait?
- Spell FRIENDSHIP and make each letter form a random word. Freewrite for ten minutes



# Kindness

I believe kindness is a beautiful quality for a human to possess. It conjures up a person who acts from the heart and not the head. Do you notice when people need the kindness touch? Or how do you feel when others reach out to you and show you a kindness? It's a magical feeling. Kindness also means being kind to you. When did you last do that?

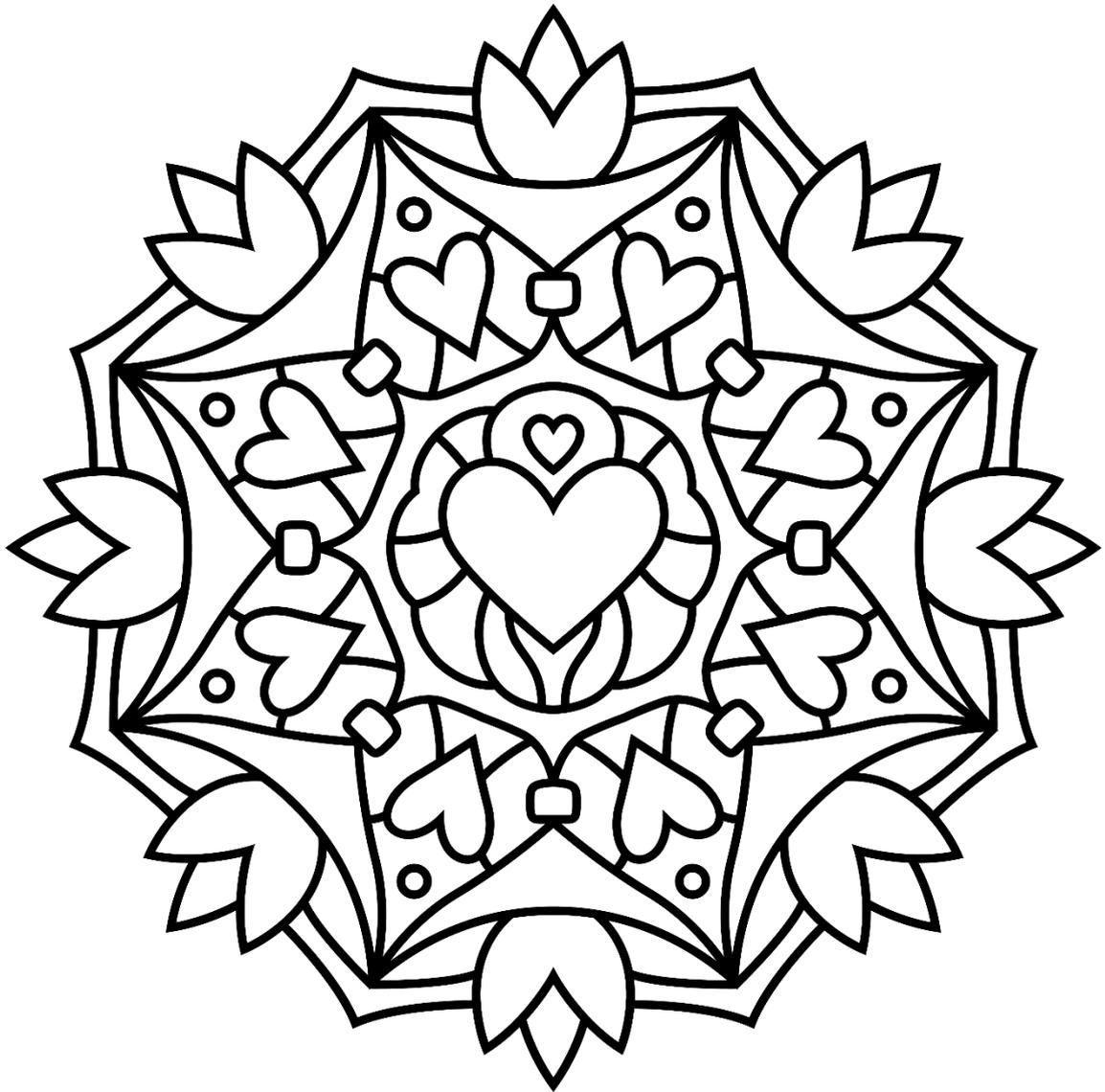
In a fast-paced world, kindness and compassion for others can often take a back seat as the world rushes by. But by taking a few moments to become a witness to what is going on around you and connecting to your values, you could make all the difference to someone else's life.

There are so many resources which the world needs, but imagine if each people showed kindness to one other and then one other, what kind of impact could that have on the entire human race? Although we may sometimes forget to be kind to ourselves and others, we are wired to be kind and compassionate. Let's remember that as we wander through life.

## Kindness journaling Prompts

These are your suggested journaling prompts. Use these or journal freestyle, with whatever comes up for you during the week.

- What 5 acts of kindness will you do today?
- What does kindness mean to you, and what has it taught you?
- What was the kindest thing you have done for someone? Write about this made you feel!
- If you could do one kind thing for any one person in the world, you would...
- How could you encourage people around me to do more kind things for one another?
- Paying kindness forward can make a difference in the world because...
- Spell out KINDNESS, set a timer for 10 minutes and write about how kindness could change the world.



# Reflective practice and reflection

*The power of reflection will change your life.*

Reflection is your response to experiences, situations, events or new information and a phase where processing and learning can take place. When you reflect your unconscious mind searches for evidence and analyses it. After which it tries to make meaning and draw conclusions based on the evidence presented. Once you have been able to evaluate what you are reflecting on, you can then decide what's next. Reflection is a powerful learning experience, which is not about sitting in the lotus position omming, though of course, you could. Reflection has a few basic elements: -

- **Retelling**- state the basic facts (write a journal entry) and consider how you felt about it at the time and how you feel about it now
- **Examine** – examine and relate the feelings or events to other times when you have felt the same way
- **Reflecting** – How do you change your behaviours? What possible alternatives, perspectives, meanings, or links can you see?

Reflection, then allows you to further process what you have written so that you can make meaning of your words, make changes, and start the healing process. Reflection is simply a process which enables you to make meaning from your writing, challenge your thinking, learn who you are and gives you the opportunity to make choices about changing the way you behave.

To make sense of your writing, you simply have to leave it. Reflective thinking is about going back and looking at your journal, analysing what you have written, with the goal of making decisions about what to do or what not to do. It is when you do this that you will discover inspiration and clarity.

You can reflect on what you have written at any time. When you come to reflect on your journaling after you have completed all of these prompts, consider how what you have written about has impacted your life, ask these questions.

- What have you learned about you?
- What are your most significant insights?
- What is one thing that you will do differently because of what you have learned?

Focus your reflections on creating healthy roots and foundations. Before you start to reflect and write, read through your journal so far, and simply become aware of anything that stands out for you. If you have used the mandalas focus on the colours that you have chosen, what do you learn from these colours?

## Simple reflection

Simple reflection comes from taking any of your journal entries and completing the following questions.

- Describe the situation
- What did I do? What happened? What did I say?
- Who was with me?
- How well or not so well did it go?
- How do I think or feel about it?
- What did I think about but not say?
- What did I learn?
- What will I do differently next time?
- How will I do it differently next time?
- What have I achieved?
- What have I learnt about myself?

## Silence as a stimulus for action

In the spaces and the silence come the answers. Close your eyes and breathe into the silence. In the silence, further information, memories, ideas, solutions and ways forward will come. It is in the allowing, the silence, the void and nothingness that we find our deepest well of resources.

## Learning to stand back and being out of the picture

Sometimes when you write about painful experiences, you start to relive the experience, which may be unhelpful. It is vital to get this stuff out and on to paper. Once we have done that, it is even more important that, when we reflect on it, we do so from a stand back position and to remain out of the picture, so that we can view it objectively and without emotion.

We take a stand back / out of the picture position so that it protects it from the pain we may have been feeling, it separates feeling from the images that we can see, it allows us to see the event in a new way and therefore put it to bed.

## Out of the picture reflection

- Take one of your journal entries and write it on a piece of paper
- Place the paper on the floor

- Standing looking at the paper and journal entry, reflect on the situation
- Look at it from a distance and think about how you might resolve it or change it

## **In the picture**

When we reflect on something that was great, it is better to reflect when we are in the picture so that we can remember, see, feel and hear all the great things that happened. You can use these positive experiences whenever you are feeling down.

### **In the picture reflection**

- Take one of your journal entries and write it on a piece of paper. This needs to be about something good and positive
- Place the paper on the floor
- Standing on the paper and journal entry, reflect on the situation
- Close your eyes. Let all the great feelings wash over you

NB: In some cultures, standing on paper is a no-no. In which case, place the paper to your heart or use your intuition to know where to put it.

## **The power of I statements**

Use "I" statements. Review and look for journal entries that say things like 'he/she made me...'. You are looking to change the 'he made me', to, 'I felt' or 'I did or said'.

- For example, he /she made me so mad when I walked through the door and saw the pile of dishes, once again piled up, and he/she was sitting on the sofa drinking tea.
- Could be changed to I felt so angry when....

After which you can examine why it made you angry and what has to happen to change your feelings. You are looking at how you can take ownership of your feelings and reactions.

## **The power of your language**

If you listen to your voice on a recording it doesn't sound like you, what we hear is the sound resonating inside us, the person we are talking to hears a different sound, because it is travelling to them in another way. When you read your journal back, it may not seem like you too. This is because it is your heart and soul speaking through your pen as a channel.

When people talk about voice, you usually think of the noise that comes out of your mouth, and of course, in part it is. When someone speaks to you, what do you get a sense of?

- The person
- Pitch and tone
- Understanding

- Emotion
- Passion
- Purpose
- Something else?
- Do you paint a picture in your head, hear sounds, get a feeling or a sense of all of those – what happens for you?

The voice is a fantastic instrument, and I, for one moment, couldn't begin to tell you how it all works. For a short period, I was having singing lessons so that I could be a better thinker and speaker. I was amazed by how my voice resonated in different parts of my body, sometimes in my stomach and sometimes bouncing around my skull. I tried to follow it, to understand what it was doing and why. I was encouraged to practise scales and make funny noises with my lips and tongue in strange positions. What amazed me was that I let go of fear and gave it a go. When you read your journal entries back, let go and see what comes back to you. It's your voice. Journaling has a lot to do with finding your voice and speaking your truth.

What do you notice about your written language? Words shape people and behaviours. Language is one of our tools for expression and communication. When you use reflective practice and study how you use language – what words and phrases you unconsciously choose and combine it will help you to better understand yourself and why you behave the way you do. Language plays a significant role in how you and others perceive the world. As you read your writing, you will discover what words and phrases influence you, unknowingly. Again, ask, what do you learn?

## **Reflections, feedback & follow up**

When it's time to reflect, picture yourself as a tree with your roots connecting you to the earth. This is how you will stay connected, grounded and secure. Drink in the energy of Mother Earth up into your heart, see yourself creating a strong, energetic foundation for your life's journey. Imagine energy flowing from Mother Earth and holding you secure and in your power. This establishes a stable place in the world for you. When you are ready, go with the flow, and put pen to paper. Colouring in a mandala before you reflect is also a fantastic way to take your reflection practice deeper. When you reflect, you are looking for linkages, patterns, pictures, common points of reference and aha moments. Images and emotions stored in your long-term memory will come to mind to help. For me, it is a combination of logic and creativity. When you are ready, reflect and see how far you have grown.

## **Question time**

*Journal it: Answer these questions:*

- What went well? Why?
- What needs letting go of or stopping? Why?
- What needs starting? Why?
- Look back over your journal and pick 5 things you are most grateful for

- What good things happened?
- What were your favourite moments?
- What do you want to celebrate?
- Who has taught you something important? How does this make you feel?
- Who are you most grateful to?
- How can you appreciate what you have in your life more?
- What is your most important goal, desire or intention for going forward?
- What habits do you need to change?
- How healthy are your roots and foundations?
- Who are you now that you have come on this journey?



# Learn more about Dale



Dale discovered the power of journaling and writing early on in life and has used it as she describes 'to save her life' many times. By putting pen to paper, connecting with her muse and combining that with reflective practice, Dale has been able to change her perspective in her journey to meet a better version of herself.

In 2018, her spine fractured. One of the first things that she did was grab a new journal and begin to explore why and how to heal osteoporosis naturally. She used her journal to pour out her fear, confusion and overwhelm. She used it for research into ways that nutrition could help her to rebuild her bones, life and energy. In her darkest moments, she screamed at the pages which held her words and eventually she found peace. She knows first-hand the power of journaling and shares with you, how you can use it to also 'save your life.'

Dale also called upon the healing power and wisdom of her chakras and worked with crystals to use energy to support the healing process. She'd learned about energy medicine in her early 30's and was grateful for the knowledge in this time of need. Today like journaling, Dale works with her chakras and crystals daily.

You can discover more at - [www.daledarley.com](http://www.daledarley.com)

Do you want more journaling prompts? Sign up for 101 days for being me.

<https://daledarley.com/101-days-of-being-me/>

Check out her courses - <https://daledarley.com/workshops-courses/>