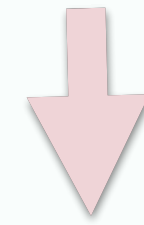


Journal Through It *Action Plan Overview*

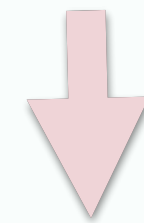
**your personal guide to overcoming
life's obstacles**

Journal Through It Action Plan

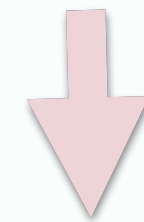
Establish hierarchy of needs



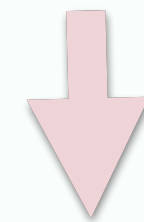
Gather background information



Use resources and test remedies



Reflect and reevaluate



Create a maintenance plan

Establish your hierarchy of needs

- Organize your personal and professional to-do lists so they don't take over your life,
- Focus on the areas that matter most to you in life,
- Let go of the things that aren't serving you anymore.

Establish your hierarchy of needs

- Make a list of everything that's happening in your life. Circle the things you absolutely have to do.
- Focus on those. Cross off the things that can wait for later. Let go of the pressure of doing those.
- Pick 1 item to focus on right now, this is your Priority Task.

Gather background information

- Understand the patterns you're repeating in life,
- Analyze how your past pain is affecting your present happiness,
- Heal historical wounds,
- Learn and grow from your mistakes and successes.

Gather background information

- Grab your journal and write down everything you associate with your Priority Task.
- What feelings does thinking about it invoke in you?
- What history do you have with it?

Use resources and test remedies

- Try out various types of journaling (writing, drawing, doodling, etc.),
- Learn which modalities work best for you,
- Practice journaling as a therapeutic and meditative act.

Use resources and test remedies

- Try various different journaling techniques to get to the core of your problems and issues surround your Priority Task.
- Try drawing out what a solution might look like.
- Break the Priority Task into easier to manage smaller tasks.
- Create a word cloud with everything you associate with the Priority Task.
- Doodle. Sketch. Word vomit. Try it all.

Reflect and reevaluate

- Fine-tune your process to find what works best for you,
- Adjust and expand with help from me and the other students.

Reflect and reevaluate

- Write down everything that's helping you overcome your fears and anxiety around your Priority Task.
- How can you hone your journaling practice to be even more beneficial?
- What else can you try that might help?

Create a maintenance plan

- Finish your Journal Through It action plan,
- Practice accessing it in times of need,
- Create a community of support,
- Explore your options for what to do with your journaling material (write a memoir, start a business, improve your relationships, create more joy in your life).

Create a maintenance plan

- Make a list of the things you want to keep doing to help you with your Priority Task.
- Schedule hours to do them into your calendar. Ask a friend (choose someone who is
- loving and empathetic) to help you be accountable to getting it done.

Now try this:

Download your Journal
Through It Action Plan.