



This Journal Belongs to:



“Within each of us is a silent exchange of images, thoughts and recollections — our quiet interior life. Through keeping a special sort of “intensive” journal I can enter that secret place for renewal and self-awareness. Where am I and where do I want to be? Take the time to know yourself and appreciate your own unique and wonderful contribution to life by journaling.” — *Sue Pivetta*

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This Journal Is Dedicated To:

(you)





YOUR JOURNALING EXPERIENCE

When your heart speaks — take good notes

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You have begun a journey into your inner thoughts. Here you can find answers to lingering problems or confusions in your life. Through journaling, your mind expands into the depths of the self and allows for free expression. This is something you do for yourself as a gift.

This journal was meant to help you at your job. In those times when things are quiet and you can take a few moments to think, think on paper. Take the journal on break. What you will find eventually is that when things confuse you, you will go get your journal. Put your book where you can reach it when you need it.

In a world where people are so busy they take their cell-phones to the beach on their "vacations" and the laptop into the bathroom, journaling can be the perfect way to take inventory of yourself and your feelings, resolve conflicts, make decisions and bring clarity to your life as well as to record your personal spiritual journey.

Keep your journal handy as eventually it will be your best quiet friend. Unlike the diary of the past, where you dutifully recorded the events of the day, your journal's purpose is to capture emotions at your own time and place. If you would feel better writing in front of your window at home, so be it — it's your description of your 10-20. Where are you?

Don't let a lack of time get in the way of your writing practice. Get up a few minutes early. Stay up a few minutes later. Hide in the bathroom if you have to. But make writing a priority, a ritual, a practice of self-care and nurturing. The best thing to do is put your journal where you can see it often. Do not criticize yourself for not having the time or need to write in your journal — it's all good.

Don't feel you should write every day. Write when you want to write — period.

No one can tell you what to write. However, the easiest way to know is to ask, "Why do I want to write? What do I want to learn? What problems or conflicts would I like to resolve?" The answers may not all come to you right away, but unfold layer by layer as you delve into yourself through reflection and openness to insight. Do not expect the Big Epiphany to stampede across the page. Rather, allow the tiny "aha!'s" to lead



you into one discovery after another. Put a notepad or your journal next to your bed. Write a few thoughts before you begin to rest. Write what your dream is about when you awaken. Sleep is a time we solve problems, a time we explore feelings we are not OK with during the day. Dreams and resting times are great fuel for writing. Let your journal take you by the hand and lead you down the path to better understanding of yourself through the written word. Be brave. Be curious.

Do not think of the page numbers as meaningful. Why? Because the quotes and pages are designed so that you can ponder the quote and add your own thoughts – if that quote strikes you that day. It's like wondering what to cook for dinner, picking up a cookbook and getting ideas. Some recipes don't sound good for that particular night. Some thoughts are random and don't need any prompting – other times you may just not know what to think or do or say about what you are feeling. Consider this book the insides of your mind. Use the pages here to inspire your inner self towards self-exploration.

It's About You

Make sure that it's 'all about you' and your feelings. Don't confuse criticism of another as feelings. Get to the root of what the other is doing or saying that feels like a violation of your rules. Here is one way to ensure you explore any problem in a positive way. List what happened and how you feel about it, then let it rest and return to it the next day. Do not criticize your feelings when you return. All feelings are temporary and not to be judged. You do not judge a headache as wrong or bad, so it is with feelings – they just are.

A Time For You

There are times when you cannot 'get away' to reflect or think. But, you can always retreat into your own thoughts. Journaling is a way to communicate to self. It doesn't matter if you write well. Do not feel you must only 'write' – you can draw, or doodle, collage in your journal. If you find yourself critical about your own writing, or your penmanship – consider that as something you may want to explore in your 10-20.

It's About Receiving

Journaling is an important part of receiving and growth. Journaling allows you to reflect and give yourself a gift – that of time and attention to the most important person – you. You will take the time to listen to a friend or co-worker but what about yourself? You will allow your family to tell you their joys and problems. When do you take time to talk to self? The most important relationship you have is with you.



Ponder Your Words

Great insights can come from journaling. Your 'self' has messages, but you are rarely still enough to hear. Journaling allows for your ideas to become tangible reality instead of fleeting thoughts. Seeing your thoughts in a journal over time can be insightful, enlightening or amusing.

Your Health

At times you have something to say, but no person to say it to. If this something is a feeling, it simply sits on your heart, your stomach or your brain. At times it will move around in your body, affecting your back, your head or your sleep. When you write feelings down, you are sharing, you are caring for yourself by releasing any sadness or heaviness.

Journaling Rules

You write! Maybe you draw. Maybe you copy down something you heard or read, or possibly a dream. Some people cut and paste things into their journals. Some people have others write things in their journal. You use your journal as often as you wish. If you want to write and get stuck, look for a quote – search for a quote that reflects what you think at that time period.

Not A Diary

You keep your journal private – or you do not. You don't condemn your journal or your thoughts – they are precious and good. What you write is never 'bad' or wrong – just as your own thoughts and feelings are never bad or wrong. They just 'are'. Value and honor yourself.

Ask A Child

Another way to approach a problem is to ask a question by writing it with your dominant hand and then answering with the other hand. Look at what you've written. Looks like a five-year old wrote it, doesn't it? Exactly. Guess who had the answer all along? Five-year-old you! Think about how often you have been asked how you were and you automatically responded with "Fine." How many times were you really not fine, or worse, couldn't say how you were feeling?

Memories

Journal a memory that has been popping up over and over. Why is it there? Probably because it has a message to you. Listen. Listen to your images, listen to your mind and heart, and just listen. Remove yourself from your writing. Move above yourself and see yourself writing down your thoughts without judgment. Feel loving of this wonderful human that is you.



Jumpstarts

These are offerings of quotes at the top of each page. You may use them to inspire your thoughts to get you moving through your journal. Some are reflective, some are prompts, and some are great words from others who have found the benefits of journaling. Feel free to jump around. It's OK if you decide to hold your journal for a later time, or to give it to a co-worker or friend. This journal makes a wonderful gift. When you go to your journal, it should be as if you are visiting a dear friend and giving a gift to yourself. Use the blank pages to create your own quotes.

To Begin

Kick the editor, the parent, the critic and the teacher out of the room. Then take a few deep breaths. Close your eyes. What images come to you? Write about them. What feelings are closest to the surface? Record them. Write quickly, honestly, deeply and without hesitation. Don't worry about spelling, punctuation, grammar or penmanship. Keep the doors open to intuition and creativity. If you get stuck, write the last word you wrote over and over until another comes to you.

Your 10-20?

Of course you know that 10-20 or "What's your 20?" means "Where are you right now?" So – when you see these little footprints on a page – that is your invite to tell the journal what you are feeling at that moment. Don't judge it – just put the date and (1) your random thoughts (2) a drawing (3) a poem (4) a clipping from a magazine or newspaper (5) a note from a friend or child (6) a sticky note someone gave you (7) a reminder. Be creative, make your journal a true work of art.









*I am carrying out my plan, so long formulated, of keeping a journal.
What I most keenly wish is not to forget that I am writing for myself alone.
Thus I shall always tell the truth, I hope, and thus I shall improve myself.
These pages will reproach me for my changes of mind.
— Eugène Delacroix (1798-1863) French artist.*





*The problem is not that there are problems. The problem is expecting otherwise
and thinking that having problems is a problem.*

