



YOUR JOURNALING EXPERIENCE

When your heart speaks — take good notes

"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 by journaling." — Sue Pivetta

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