

HOW TO WRITE YOUR WAY TO A

Rock-Solid Mindset

IN JUST A FEW MINUTES EACH DAY!



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The art of journaling has been around for ages. And yes, it IS an art form of the written word. Every journal is unique, just like its owner. Your words are as individual as you. Your revelations will be completely different from your best friends'.

If you have never journaled, welcome! It's truly a simple task that can be added to anyone's daily schedule. We all have busy lives, but by dedicating just 5-10 minutes of your day to journal, which would've otherwise been spent mindlessly scrolling on your phone, you're set to experience a bounty of benefits. I guarantee you'll be surprised at what ideas come forth when you unplug and give your brain some quiet time.

Don't feel you have to jump in and try each type of journaling all at once. Start with what calls out to you; follow that intuition because that usually means there's something simmering under the surface. Better to deal with that simmering before it becomes a full boil.

Work through these exercises, either here or in your own journal, and enjoy the process.

Let's get started!



STEP ONE

Write your way to a lifestyle you love

Do you think "improving your life" through journaling is a stretch? You'd be surprised at how many benefits are attributed to journaling.

Worksheet: Embracing The Benefits Of Journaling

Why do you think journaling can work for you?

<p>What worries you?</p>	<p>What's your plan for the future?</p>
<p>What other thoughts or ideas need organising or planning?</p>	
<p>Why do you want to journal?</p>	





Worksheet: Choosing Your Tools

Choose tools that make you excited about journaling.

Do you like to write by hand?	Do you prefer a screen?
Write your own pros/cons list for journaling by hand.	Write your own pros/cons list for journaling digitally.
Research journals and pens that you like and will motivate you to journal.	Research digital apps that are easy to use and will motivate you to journal.



Worksheet: Create A Lifestyle You Love Through Journaling

Dream BIG! Don't edit your thoughts, just go with the flow. Describe each of the different scenarios in the present tense. Think of each scenario without the thought of money or finances. If you had unlimited funds and couldn't fail, what do these situations look like?

Your Ideal Day

Your Dream Life

Brain Dump

Write down everything that's taking up precious space in your mind.

What are you grateful for?





Worksheet: Manifest What You Want In Life

Getting what you want out of life can only happen if you KNOW what you want. Otherwise, life will just happen, and you'll be in reactive mode.

What are your personal goals?

What brings you joy?

What or who do you want in your life?

Be specific!





Worksheet: Build A Habit With One Prompt A Day

Map out a routine, choose your favourite journaling tool, choose a prompt, and get started. 5-10 minutes each day is all that's needed to reap the benefits of journaling.

Write some notes about the topics you most want to explore in your journal.

When will you journal?

What's your backup plan if life gets in the way?



Checklist: Write Your Way To A Lifestyle You Love

- I have a desire to start journaling and exploring my inner feelings more deeply.
- I have made a commitment to myself to create a journaling routine.
- I understand the benefits of journaling include:
 - Developing healthy habits
 - Relieving stress
 - Focusing on important tasks
 - Keeping my daily tasks and commitments organised
 - Creating my own path to success
 - Honing my writing skills
 - Inspiring creativity regarding my business
- I understand the benefits of both handwritten journals and digital journals.
- I have chosen the tools that speak to me and will keep me motivated to use them.
- I understand that I have the freedom to switch between handwritten and digital journaling because the act of journaling is what's most important.
- I understand that my goals and dreams will not come true if I am not clear.
- I understand that journaling will help me understand what I want out of life and the steps I need to take to get those things.
- I understand the importance of writing every day to strengthen my writing skills and to bolster creativity in my business.
- I understand that journaling does not have to take up a lot of time and there's no right or wrong time to write an entry.
- I understand that my journaling experience and routine will be very different from someone else's so there's no room for comparison.
- I understand the concepts of these journaling exercises:
 - Gratitude journaling
 - The ideal day exercise
 - Brain dump journaling
- I understand the need to ASK for specific things I want in life
- I understand that manifesting what I want entails work; there's no magic solution to make things happen.
- I understand that I can choose whichever topic or prompt I want; there's no perfect order to proceed.



STEP TWO

A proven system for managing and multiplying your money - with words

Be an active participant in your own life. If you don't know how much money you earn each month - or how much your expenses total - you'll be a prisoner. Journaling to track your money as well as putting a voice to your bigger purchases will help you to regain control over your financials..

Worksheet: Identify Your Money Goals

Get back to basics. List all your money goals, whether they're big or small.

What are your financial goals?

Eg: buy a home; save for retirement; pay down debt; etc.

Describe your relationship with success?

Are you afraid of failure? Why?

A stylized handwritten signature or set of initials, possibly 'MB', in black ink.



Worksheet: Clear Away Old Fears and Doubts

Long-held beliefs about money - whether they are true or not - can strongly impact your financial state as an adult. Explore those old fears and create action steps to turn those fears into positives.

What are some negative money memories you remember?

Who was involved in those negative memories?

How can you break free of this memory?





Worksheet: Forgive Others And Yourself

Sometimes forgiveness is the only path to moving beyond these false money beliefs. But forgiveness also involves forgiving yourself: For believing in these false narratives; for making bad decisions; or for keeping toxic people in your life who lead you to bad money mistakes.

How can you forgive those who created negative money memories?

How can you forgive yourself for your own money mistakes?

Explore Genuine Forgiveness vs. Insincere Forgiveness





Do you feel worthy of wealth and abundance?

Yes because...

No because...

Do you think positively or negatively about money and wealth? Why?

Do you feel guilty for wanting to earn more money and be more successful? Why?



Worksheet: Choose What To Write About In Your Money Journal

Write about whatever moves you on a particular day.

Some Ideas to Get You Started <ul style="list-style-type: none">● Money tracking journal● Monthly money goals● Expense tracking● Daily money journaling	Your Own Ideas
Do you find it easy or difficult to write about money? Why?	
Do you have a particular money topic that is difficult? Why?	

A Proven System For Managing And Multiplying Your Money - With Words

- I understand that I must take an active part in managing my finances if I want to feel in control and attract abundance.
- I understand that I should be clear with my financial goals.
- I understand that I can create action steps much easier when I am specific and clear with my financial goals.
- I understand how I feel about fear of failure AND fear of success.
- I understand that part of moving past these fears is to address them and create a plan in my finance journal.
- I understand the importance of clearing away old money beliefs, fears, and doubts.
- My finance journal is helping me clarify what these old beliefs are and how to restructure them into positive beliefs.
- I have identified my negative money memories and who was involved in those memories.
- I understand the need to forgive those involved in my negative money memories, especially myself.
- I understand the difference between genuine forgiveness and insincere forgiveness.
- I understand that journaling does not have to be a long, arduous process.
- I understand the need to explore my feelings of worthiness, especially in relation to abundance and wealth.
- I understand these mindset issues and beliefs will not disappear overnight; it will require daily work.
- I understand that I have the freedom to write whatever I want in my money journal. Some ideas include:
 - Money tracking
 - Monthly money goals
 - Monthly expenditures
- I understand that writing in my money journal daily will create a good habit and help me create NEW money beliefs to replace the old ones that no longer serve me.
- I understand that journaling about my finances is not greedy and there's nothing wrong with wanting to earn more money.
- I understand the more I journal about my finances and the more I work on my limiting mindset beliefs, my perspective about money will naturally shift.
- I understand that I have the freedom to journal about whatever topics I want and to use whichever prompts or ideas that are important to me in the moment.

STEP FOUR

Simple daily practices to build a bigger, better business

Daydreaming about growing your business is wonderful. Forgetting those goals because they aren't written down is not. Use your business journal to dream big and put the pieces in place to reach your goals while staying focused at all times.

Worksheet: Explore How A Business Journal Is Beneficial To You

Where do you see your business next year?

What are your business plans for the next 5-10 years?

Which smaller milestones will help you reach these goals?

What problems or challenges do you foresee in meeting these goals?

How to do you plan to increase your revenue to reach these goals?





Worksheet: Foster Healthier Relationships By Journaling

Explore in your journal how you communicate with others and determine if there's room for improvement. Think of your clients, your prospects, and your customers. Is there a pattern of not closing sales? Or repeated customer complaints?

How does stress affect your communication skills?

What's a common reason for why people don't hire you?

Does it have to do with communication? Lack thereof? Explore these reasons.

Do you bring negative or positive energy to your calls?

How does this affect your conversations?

Do you get easily distracted on calls? Do your clients notice?

What happens if someone calls you out for being distracted? How does it change the mood of the call?

How can you attract more prospects into your circle of influence?

How can you improve or change your communication style, frequency and the energy you bring etc.?





Worksheet: Brainstorm Content Ideas

You never know when your next great idea will show its head; use your journal as a brain dump for putting all your ideas onto paper. Review your journal entries and see if anything jumps out at you. Don't think about it too hard, just let your subconscious reveal your next content idea.

Use the Brain Dump technique to put all your ideas onto paper.

Put this list away for a day or two. What attracts your attention now?

What past ideas have you shelved but still think about often?

Are any of these ideas suitable for your market?

Can any of these ideas be turned into a paid product or program?

Which ones? Rank them in order of importance and viability.





Worksheet: Reflect and Evaluate

Re-read your journal entries on a monthly or quarterly basis. Did you reach your short-term goals? Did you veer off track? Now is the time to re-adjust and reflect on the direction you want for your business.

What's working well right now?

What makes you happy about your business?

Your Business Goals (it's OK if they change)





Checklist: Simple Daily Practices to Build a Bigger, Better Business

- I understand that keeping a business journal can keep me organised with my plans for growing my business.
- I understand my business journal can be:
 - Motivational
 - Inspirational
- In my business journal I can:
 - Dream big about my goals
 - Take notes about successful people I admire
 - Develop plans for growth and problem-solve along the way
 - Reduce the “trial and error” time because my plans are written down
- I understand that I can foster my relationships by exploring my communication skills (and challenges) in my business journal.
- I understand that journaling allows me to release negative energy and to keep my mind clear.
- I understand that potential content ideas may be hiding inside older journal entries.
- I understand that the more I journal, the more my writing skills will improve.
- I understand that setting a journaling routine is important for continuing the habit.
- I understand that by revisiting my journal every day, my ideas will stay fresh in my mind and I can take action steps to achieving my goals.
- I understand that reflecting and evaluating my goals on a regular basis is necessary for growth.
- I understand that through journaling I can explore:
 - What am I doing well?
 - What am I learning?
 - How can I improve?
 - What can I do differently in the future?



STEP FIVE

Consciously create & confidently become

Have you reached your ultimate level of success? Is something holding you back from achieving everything you desire? If you feel as if something is lacking in your life, it's time to explore yourself and how to improve your awesomeness so you can reach your full potential.

Worksheet: Be willing to explore your inner workings

Describe your "next level" self.	What's holding you back?
What are your limiting beliefs?	Turn those negative beliefs into positives.
Write Your Story	



**Worksheet: Write a new story**

We are in control of our stories, and we have the power to change those stories. List what you want to change about your story and write action steps to make those changes happen.

Write Your New Story

Use present tense, as if this story is already happening.

What needs to change?

What are your goals?

Are they different from your original goals? How so?

What is your definition of success?





Worksheet: Execute Change

Complete change won't happen overnight but with consistency, you will develop these higher-level habits over time. Track your progress.

Use this table to tackle a little each day, building up to your new habit over time

Next Level Habits	S	M	T	W	T	F	S

Use the chart below to track your new habit for 21-days.

Day 1	Day 2	Day 3
Day 4	Day 5	Day 6
Day 7	Day 8	Day 9
Day 10	Day 11	Day 12
Day 13	Day 14	Day 15
Day 16	Day 17	Day 18
Day 19	Day 20	Day 21





Worksheet: Make Better Decisions

Examine some recent decisions. Did it work out in your favour? Or did you regret your choice? Write about how things could have turned out differently. What could you have done differently?

Your Decision	Outcome	What could you have done differently?



Worksheet: Saying Yes and No

Saying “yes” to new adventures can be exhilarating but saying “no” to activities and tasks you don’t enjoy can be liberating. How can you implement these two simple words into your life more?

Say Yes to...

Say No to...

**Worksheet: Daydream about How Your Life Would Differ**

Saying “yes” to new adventures can be exhilarating but saying “no” to activities and tasks you don’t enjoy can be liberating. How can you implement these two simple words into your life more?

Your Current Life	Your Ideal Life
What are you grateful for?	
What makes you happy?	
What does journaling mean to you now?	



Checklist: Consciously Create & Confidently Become The Next Level Version of You

- I understand that even though I am awesome, there's always room for improvement.
- I understand the importance of exploring:
 - What I want in life
 - What's holding me back
 - What limiting beliefs are playing tricks on my brain
 - How my story can be changed for the better
 - How to identify and remove barriers that are holding me back
- I understand that I am in complete control of creating my story.
- I understand that I am the only one that can write a new story for myself.
- I understand that journaling can help me create short-term and long-term goals for myself.
- I have explored my definition of success and have action steps ready to reach that success.
- I understand that true change only happens when I step outside of my comfort zone.
- I understand the importance of creating next level habits and pushing myself to achieve them.
- I have an open mind to creating next level habits regularly.
- I understand that journaling can help me make better decisions, such as what to say "yes" to and what to say "no" to.
- I practice gratitude every day and appreciate every bit of my life today.
- I understand that being happy and grateful today does not preclude me from reaching for more.
- I am open to continue journaling indefinitely to find my next level self.
- I understand that journaling only requires one prompt and 5-10 minutes of time each day.