

# JOURNALWRITING

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I want to write,  
but more than that,  
I want to bring out all  
kinds of things, that  
lie buried deep in  
my heart.

Anne Frank



## Connecting through the written word helps to deepen your self knowledge.

**By Nick Freedman**

For many people their rational, conscious mind spends much of the day analysing facts, figures and making judgments about life. Comparisons, reasons, biases and decisions all compete to get mental airtime. This is all part of everyday reality and without a place to download and process, the mind can get overwhelmed.

Journal writing is a process that's been used for centuries to help people work with the content of their mind on a daily or frequent basis. The appointments with self, that are generated when you keep a journal can be a great place to explore your hidden depths in a quiet and private way. Manifestor exists to teach you how to create your ideal life and one of the processes we advocate you start early on in the journey, is keeping a journal.

The written word has always contained hidden beneath it, tremendous meaning and power. By connecting a pen to paper and exploring your own words, you can uncover depth, wisdom, beauty and pain that otherwise gets suppressed or ignored as you deal with the demands of life.

Your journal might be a cheap notebook that you have lying around or an expensive leather bound book. The main thing is that you build a connection with the pages and when you look at the book, you feel drawn to pick it up and start writing.

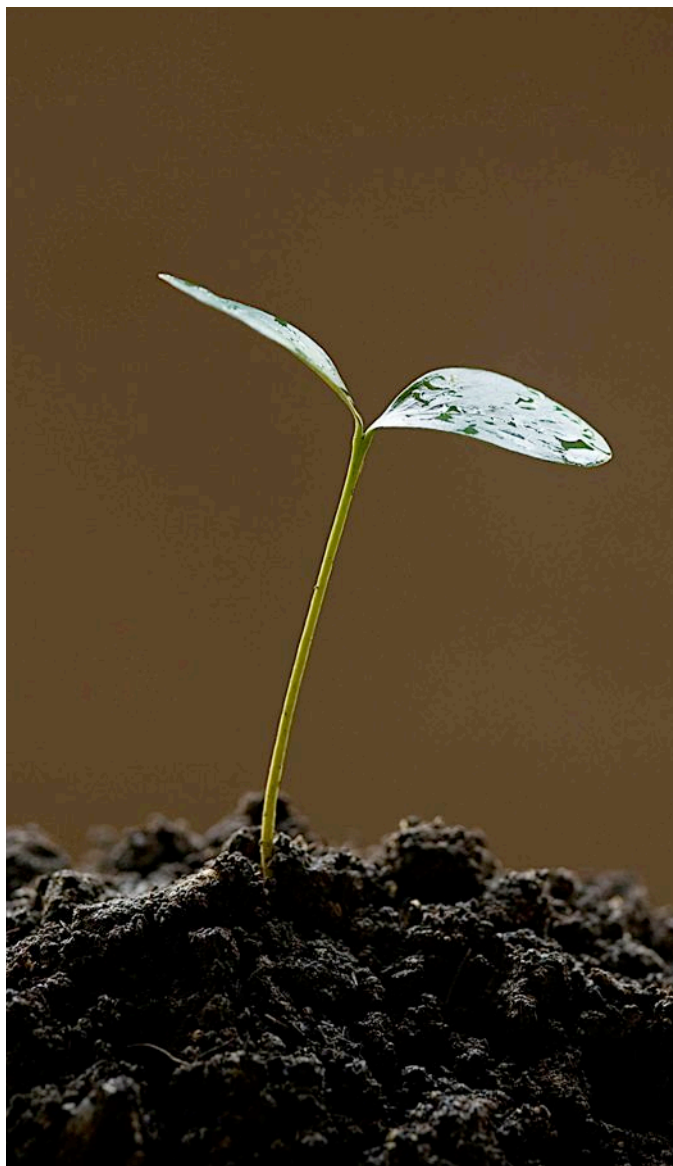
Consider that as you progress through the different transitions in your life, that change is always close by and cannot be avoided. Many of the different wisdom schools, talk about the power of

letting go of the old in order to embrace the new. This can be done orally and also through writing. Your journal is your own personal space where you can process change and work with what is emerging in your life.

As well processing the everyday, your journal is also a space that can be used to deepen your self knowledge and uncover insights about who you are and what you want. A bit like an email inbox that is overflowing with junk, your mind easily fills up. As you start the practice of emptying, what you will find underneath are the pearls of wisdom and truth, that can change your life.

Look at your journalling, as time out from the everyday matters of life and a way of reconnecting with what truly matters. You.





**“The act of putting pen to paper encourages pause for thought. This in turn makes us think more deeply about life, which helps us regain our equilibrium. ”**

Norbet Platt



## These suggestions will empower you to get started with your own self inquiry process.

A pretty obvious statement to make is to firstly buy yourself a journal! All good newsagents and bookstores sell them.

Find some quiet time and space to make your journal writing a pleasurable exercise. Many people like to set aside time for their internal reflection, such as early morning or late evening before they go to bed. Look forward to doing this. View the time of day when you get to journal as a beautiful opportunity to remove yourself from the everyday noise, tune back in and reconnect on a deep soul level with yourself.

There are some who feel they need to write works of genius in their journal and although this may be one of the outputs, your journal is not about that. Start with what's in front of your nose. However you feel, wherever you're at, whatever you want or don't want, this is all welcome in your personal pages. There is no need to seek the perfect way to journal.

Over the next few pages you will find ten ideas of how you can express yourself through the written word in your journal. They each have a different flavour and purpose and are a good way of starting your practice. Try them all out.

Be original in how you use your journal. There really is no wrong way to write, as creativity exists beyond the boxes of right and wrong. If you feel an urge to write something down, doodle or draw in a particular way, follow the impulse.

You will have domains of your being which are unknown to you. Potentials and possibilities exist which are waiting to be discovered. Use your journal to go beyond what you know to be true today. Reawaken your childlike dreaming state again and use your written words to reconnect with the part of you that knows anything is possible in life.

In the socialisation development phase you went through as a child, you were taught to shut away and hide all the sides of yourself which do not align with societies rules. These rules of censorship do not exist in your journal. Express everything!

And the last point is a suggestion that you keep your journal private from others, even those you trust. By having a space which is entirely your own, where you invite no-one else to enter, you will be able to explore the hidden depths of your truth, without fear of others ever knowing or finding out.

# These approaches will help you break in the pages of your journal. The rest will follow...

## Clear day ahead

When you awaken on a morning, pick up your journal straight away and write for around ten minutes. Allow the constant flow of thoughts which pass through your consciousness to get downloaded onto the journal pages. Lots of junk will come out. Allow it to. The aim of this process is to free up your mind to face the day with clarity.

## Writing on the wall

If you look at a blank page in your journal and have no idea what to write, start writing anyway and see what comes out. There is always something which turns up. So for example you write "I have no idea what to write, I feel that even starting to journal right now is stupid and maybe I should go and watch TV instead. There is a documentary on wildlife that I want to watch and oh yeah, that reminds me about that idea I had to set up a business' and off you go....

## I am grateful for

Gratitude is being thankful and appreciative of the things in your life. No matter how tough your day has been, there is always someone on the planet who is worse off. To do this exercise, reflect back into the day that has just passed and write down ten things which exist in your life which you are grateful for. As you do this, take a moment to really breathe them into your being and give thanks for another day of life.

## The way out

When you are faced with a sizeable challenge or problem it can be easy to hide away from dealing with it or follow the path which is already known. In doing so, you might miss out on seeing new potentials that the challenge can bring to you. The way out is a sentence completion exercise that will help you turn adversity into solutions. Work your way through the sentences until the clarity you need about how to move forward emerges. This will often take more than one day to complete, so come back to this exercise 2 or 3 times.

## I feel \$%#@!

This is a good process. When you've just had a raging argument with someone or feel foul about the things in your life, write about it. Use expletives and don't hold back. You will often find that by writing down the real truth of your thoughts and emotions, you will be able to clear some, if not all, of the negative emotional energy inside you.

## Mind map, Common ground, Play life bigger and Meditation tracker

Journalling is about building the capability of self reflection and the more tools you have to help the better. The simple explanations of how to use these four tools can be gained by watching the journal writing learning movie.

Journal writing is a voyage to the interior.

*Christina Baldwin*





# Words have potential to enable & limit progress.

## Journalling helps you cultivate creative language.

Language is powerful. The symbolic meaning that we place onto words helps us communicate with others, so that we can be social beings. It also helps us to process reality by assigning meaning to events and experiences we have in life.

Inner dialogue or self talk is the background mental chatter that is constantly ticking over in the mind.

Certain words have creative qualities that free us up to explore new potentials. And other words possess within them limiting qualities that keep us locked up in smallness. Journalling helps you become conscious of the common phrases that take form in your self talk. And being conscious of this, helps you become aware of the phrases you are using that limit your progress.

This process is simple. Read back over what you've written and underline any elements of your vocabulary that you sense will limit to your progress. Then change your language patterns to develop creative language habits that support your growth. Shown below are several examples of limited language, it's potential affect on you, and more creative language you can use instead.

Limited / Negative language	How these words can affect your progress	Creative / Positive language
That will NEVER change.	Stating absolute realities blocks new possibilities.	I will find a solution.
It's THEIR FAULT.	Wasted energy playing victim, rather than making progress.	I take responsibility for the part I played in creating that.
That ALWAYS happens!	Creates the illusion the outcome you dislike/don't want, is the only option.	That happened again. I am going to change it next time.
I SHOULD have ...	Self criticism that builds a gap between actual & desired reality.	I chose ... and that's ok. I can do something different in future.
I HOPE that ...	Holds you in a wishful state, rather than an intentional state.	I intend to...
It's the WORST THING EVER ...	Overlays catastrophe onto the situation.	I am learning .... from this.
It was WRONG of me to do that!	Self shaming using right/wrong comparisons lowers self worth.	That didn't work. I'm not going to do that again.
I CAN'T	Closes the door before you've even tried.	I am / I can / I could
It's too DIFFICULT / HARD.	Focuses your attention on the struggle.	I'm growing / evolving through this process.
I DON'T HAVE what I need to get started.	Places your attitude into a losing position from the start.	I am going figure out how to get the first thing I need to start.

# How will you play life bigger?

What have you done this last year, which you're proud of?

What fires you up / excites you in life?

If you won \$1 million, how would you change your life?

If you couldn't fail, what would you do?

Why have you signed up for manifestor?

What are you willing to give up, to create your ideal life?

# The way out

The adversity I am facing is ...

The way I feel about this is ...

What I'd really like to do is ...

My best friend would say ...

My (favourite childhood superhero) would tackle this by ...

To research more about this challenge I will ...

What I found out was ...

My 3 potential solutions are ...

The pros and cons of each are ...

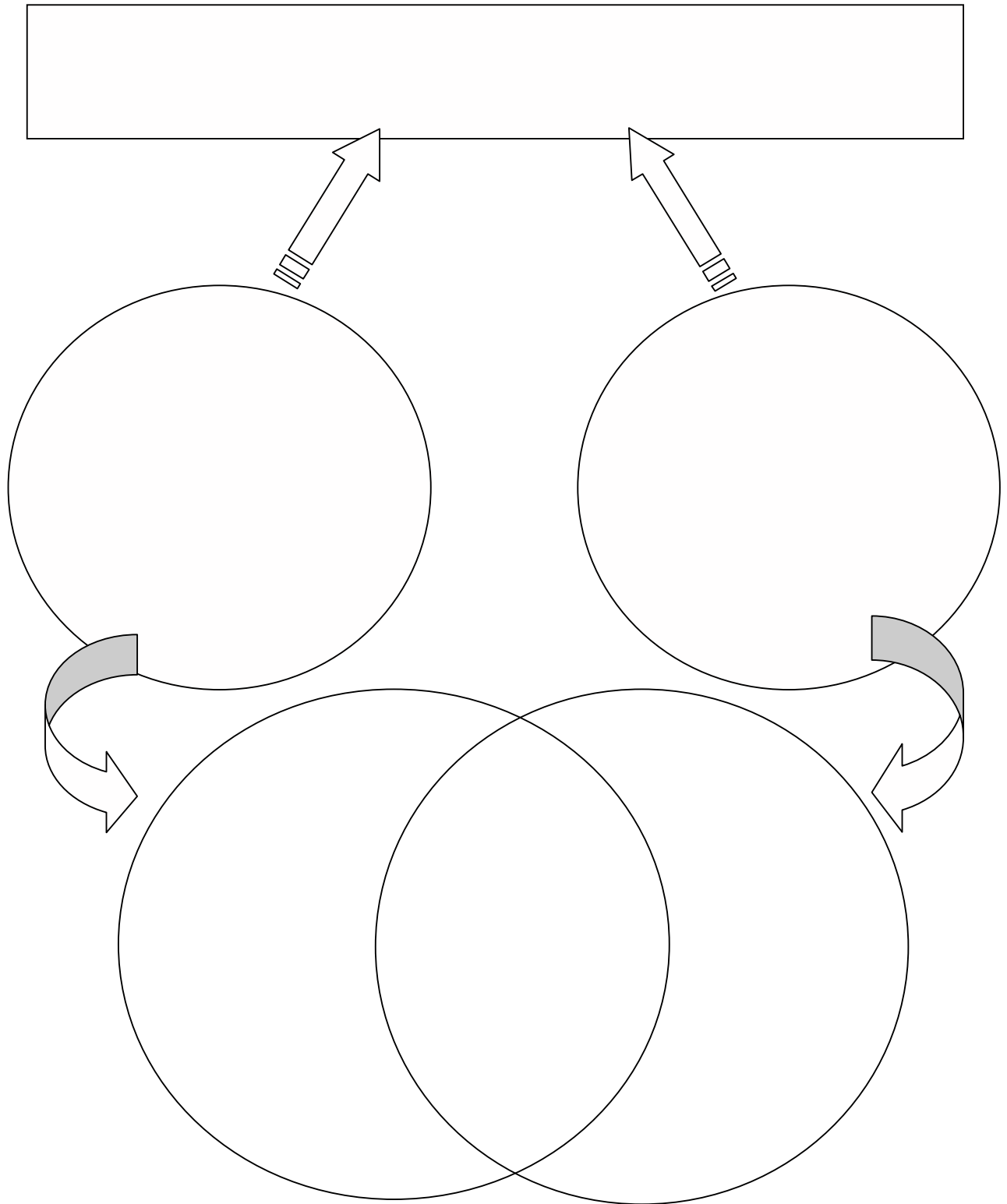
My gut feel with this is to ...

The person (I trust the most) who I will talk to about this is ...

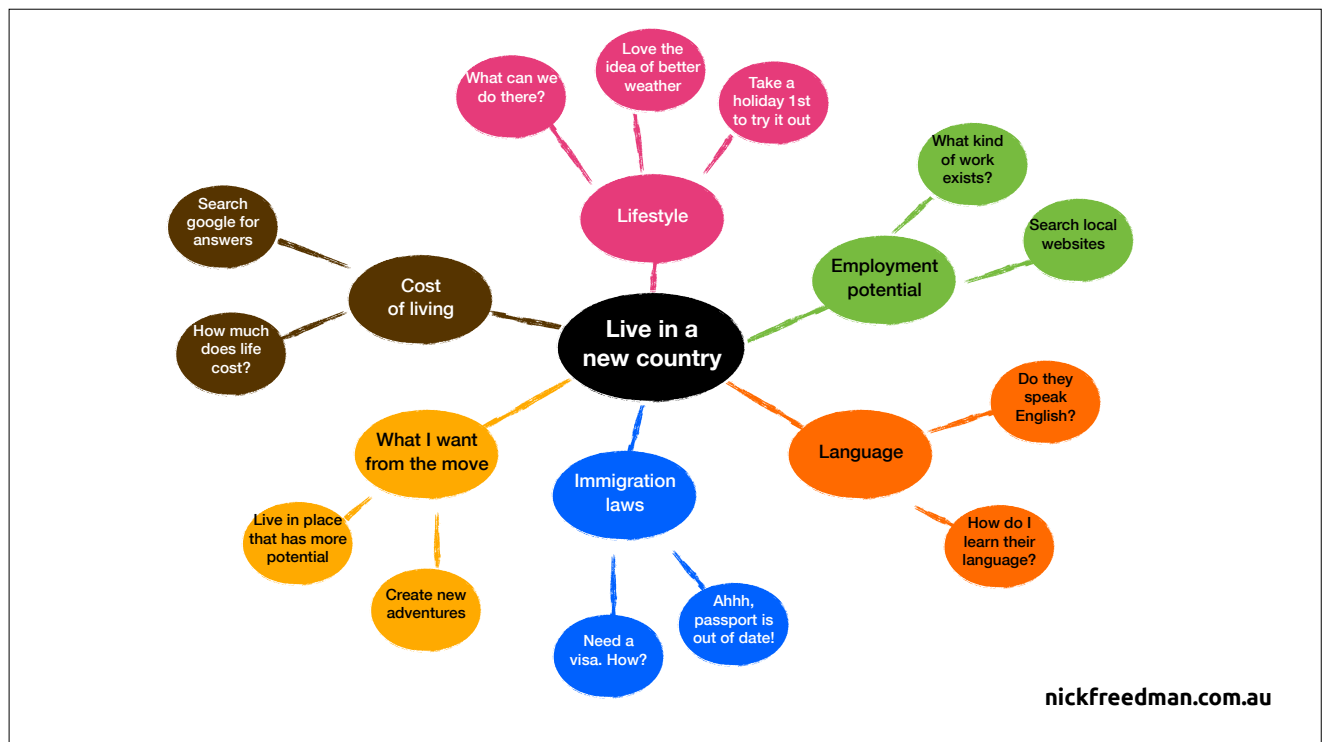
After this reflection exercise, I am going to ...

The value/quality this challenge is helping me cultivate is ...

# Common ground



# Mind map





# Meditation & Consciousness Tracker

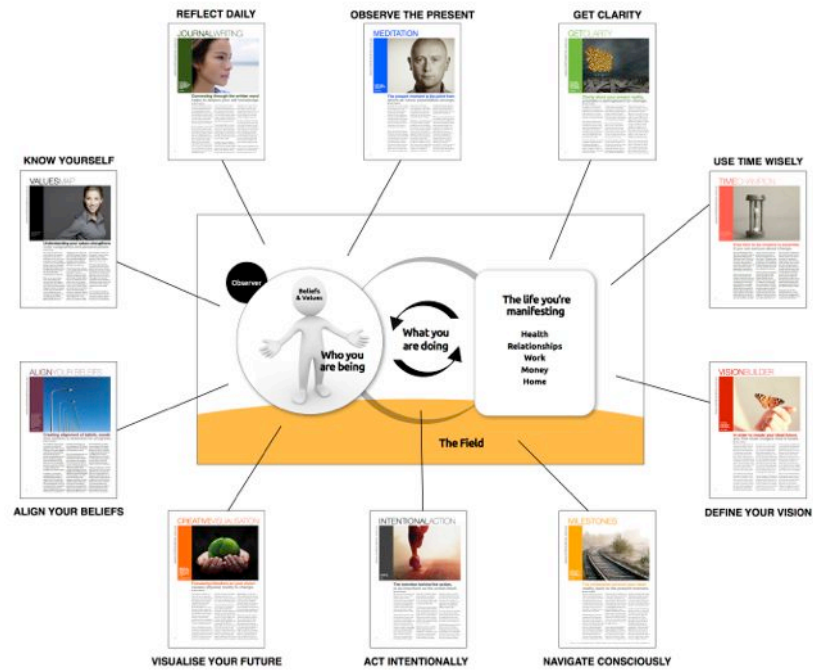
My Practice - how I meditate					
Date			Hours of sleep last night		
When I meditated	Morning	Lunch	Afternoon	Evening	Night
Length of meditation	<5 mins	5 mins	10 mins	20mins	>20mins
Where I meditated	Home	Work	Nature	Other (state)	
Observations / notes about my meditation practice today					

Busyness of mind - what my thought patterns are like today					
Before meditation	Excessive / too busy / wildness	Full mind / alert state	Moments of clarity / calm	Focussed / clarity	Calm / empty / stillness
After meditation	Excessive / too busy / wildness	Full mind / alert state	Moments of clarity / calm	Focussed / clarity	Calm / empty / stillness

Emotional state of being - how I feel today							
Before meditation	Loving	Joyful	Angry	Sad	Shameful	Lonely	Happy
	Guilty	Excited	Painful	Fearful	Anxious	Other (state)	
After meditation	Loving	Joyful	Angry	Sad	Shameful	Lonely	Happy
	Guilty	Excited	Painful	Fearful	Anxious	Other (state)	

My life today & new emerging consciousness	
Questions I have about my life	
New thoughts or awareness that emerged today in my meditation	
Moments of synchronicity that I've experienced lately	

## Your Manifestor Journey



Manifestor helps you play life bigger, by teaching you the skills needed to turn the vision of your ideal life into a physical manifest reality. This tool is one of 10, that makes up the complete learning journey.



## Social Learning Gym

If you like to study in a social environment with others, the social learning gym is worth exploring. Spanning across 4 weeks, you'll join other manifestors in a weekly online workshop, as well as getting 1-to-1 mentoring from Nick. You can join the public program, or book Nick directly to facilitate a learning gym for you and 8-10 of your friends, (you find a venue, then we work together with our video technology).

Visit [www.manifestor.tv](http://www.manifestor.tv) or email [clarity@nickfreedman.com.au](mailto:clarity@nickfreedman.com.au) to find out more.



## About Nick Freedman

Since 2002, Nick Freedman has been designing and facilitating programs which have helped 1000s to transform their lives and businesses from the inside out. His clients include organisations like Salesforce, Yahoo, Westpac, AoL, Ronald McDonald House & Coca-Cola, as well as 100s of SMEs & not-for-profits.

To gain more insight into Nick and the inspiration behind why he built the manifestor program, watch his TEDx talk "10 questions I asked the ocean" at [www.nickfreedman.com.au](http://www.nickfreedman.com.au)

