

# 10 Transformational Journaling Tips

## 1 Relax and centre yourself before writing

According to neuroscience, a relaxed state generates alpha brainwaves, which are associated with greater creativity. Breathe, arrive fully, meditate, sit still. Do what it takes to calmly relax and write.

## 2 Use powerful questions as journaling prompts

A powerful question is one that gets at the heart of the matter and helps you tap into your intuitive way of knowing, offering new “aha moments”. Ask questions while journaling.

## 3 Don't dwell on the negative

Use your journal to explore and understand challenges, to vent and to process difficult emotions but try not to get stuck there. Focus on the learning and give yourself permission to move on.

## 4 Be curious

Curiosity is the cornerstone to all learning, self-discovery and personal growth. Write about what you know and what you don't know. Invite new self-awareness and insights to emerge.

## 5 Whatever you write is right

You are always the expert of your own experience. Let your journaling empower and support you, word-by-word. There is no way to get it wrong! Again, whatever you write is right. Trust yourself and write.

## 6 Write from your senses

Write from your senses including writing about what you see, hear, smell, taste, touch and more. This calls forth mindfulness, vitality and full presence into your journaling and into your life.

## 7 Write about what you wish for

What we focus on grows. “We attract whatever we give our attention, energy and focus to, whether negative or positive.” Michael Losier, Law of Attraction Expert. Write in the direction of your dreams.

## 8 Write true, express yourself

Write beyond the events of your day and go into the deeper meaning of your experiences. Express your authentic voice and ideas. Self-expression is a gift you give yourself and others.

## 9 Listen to the silence for wisdom and words

There's value in stillness, silence and solitude while you write. This can help you listen within and come home to yourself in nourishing, self-loving ways. Language heals, writing awakens.

## 10 Write your own way, make your own rules!

“There is a Spanish proverb which says, there is no road; we make the road as we walk. I would say the same thing about journal writing: we make the path as we write.” Christina Baldwin