Journaling Therapy for your Soul

GOOD

By: Sasha Gray



It's so good to see you here....even if 'here' is inside this little screen! If we were meeting in person, I'd offer you a glass of sweet tea, some coffee, a glass of wine or whatever it was you wanted....we'd sit and chat for a while about everything and nothing, laugh as much as possible and hug when we said, "see ya soon"....

I love connecting with old, friendly souls that love to dance as much as I do, laugh (loudly!) at the most inappropriate times, and want to live their best life.

I don't believe in any extra guilt, judging others, or fat-free salad dressing.

I do believe in good vibes, good words, and the power they hold.

#### So.....Who is Sasha?

As a Speaker, Writer, and Certified Master Life Coach, I like to toss glitter and grace all over the place and remind you how fabulous you really are.

Aboit The

I spent a lot of years waiting to hear that from others, and when I finally realized that I had the power to let myself know I was fabulous, then the world changed.

I am passionate about living my best life and don't want to waste one single second worrying about what others might think of me, waiting for the right time or letting fear keep me from my next big adventure.

And sometimes, those adventures mean I'm going to the drive thru for dinner because life got in the way or the chaos was too much to handle.

It's called balance, it's called life, it's called reality, and I live it every single day.

Which means, I'm exactly like you!

I've built a community of like minded women, shared business strategies with thousands, danced with hundreds at Glitter & Grace Gatherings and offered guidance, leadership, and motivation to millions through the magic of social media. It sure doesn't mean I have it all together, or that I even know where I put it.

It just means I like living my best life and I want the very same thing for you.

Follow the On Social Media

www.scatteredsasha.com

Content Page

## INTRODUCTION

WHY JOURNAL

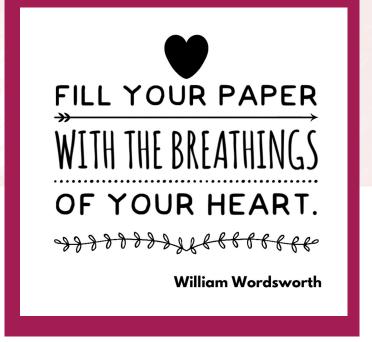
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"I can't journal...I'm not a writer..."

The truth is we're all writers and we've all already journaled at least once in our life. From the time you wrote your first paragraph in grade school to that last term paper in college, you've been writing your words down on paper and sharing them with the world. Or at least your teacher.

But I get it...journaling is different.

Journaling is personal. Journaling is private. Journaling is a secret.

But the most important fact about Journaling is that its therapeutic.

Journaling can cleanse the soul, and allow you to move not only over something, but through it. When you can get it out of your head and onto paper or screen, then you can see it laid out and make much more sense of it all.

And that helps you get through whatever it is that's holding you back. You begin to make a plan and put it in place.

Even if that plan is to let it go.

So let's get started on your Journaling Journey!



Chapter 1: Why Journal

Our memories just aren't what they used to be, right?

Well...sorta.

Actually what happens is, as a healthy adult, you remember what happened most recently because...it's the most recent thing in your brain.

Seems too easy?

Well, it is.

Can you recall what you had for breakfast on a random Tuesday last year? Probably not. But you might recall what you had for breakfast yesterday. That was the most recent breakfast and you usually remember it.

Of course there are exceptions, and moments that stand out in your memory that might be there forever. But generally, we don't remember the small details and even the important pieces of a big event or change in our life.

Time will erase all but the largest sections of that memory, and we often want to keep those memories alive.

The very best way to do that is with journaling.

But there are so many more reasons to journal.....it gives you perspective. It gives you control, and it gives you a much bigger picture into your past and the way you've lived your life.

You begin to see patterns and realize you have a certain ability to predict or change the future based on what you've been doing up to this point.

Journaling also gives you the opportunity to hash out a problem or issue you're having without fear of confrontation (until you're ready for it) or worrying about consequences. You can write it all out, see if it's a valid point, and fine tune your actions.

Finally, journaling can be therapeutic for all the emotional ribbons of life that weave through our soul every day.....writing down how you're feeling about something will allow you to look back on decisions you made and see if emotions played a big role in them or if you were able to work through them to make a clear headed decision.

Journaling is a piece of our future that's connected to our past.

And it's something anyone can do.



Chapter 2 When - How - Where



Every Tuesday, Wednesday, and Sunday at 10:00 am for 30 minutes.

Ok, that's not really the answer, because that would be foolish to think everyone could have the exact same time to journal.

There's no answer to the *"When"* part of journaling, because there are no real rules.

You will have to be led to journal when you feel like journaling.

So often, people who begin journaling for the first (or 50th) time, stop after a short period of time because they stopped writing. As if there is a rule that you must write every day and have literary genius words on paper.

The fact is ... there are no rules.

Should you write every day? Yes.

Should you write once a week? Yes.

Should you write once a month? Yes.

But sitting and staring at a blank page while your mind wanders to the laundry, dinner plans and your to-do list won't help at all.

What will help is having a journal you can take with you (links will follow), and journaling prompts when you want to write but aren't

sure about what to write (journaling prompts will be included).

Just because you haven't written anything in a month is no reason to not write today.

Or tomorrow.

The "How" part is just as easy as the "When".

If you're a pen and paper person, you can find the perfect journal just about anywhere. If you're a technical person and prefer typing or tapping your words, there are a multitude of apps (links will follow) to make it easier.

**JOURNALING IS LIKE** 

»→ WHISPERING TO ← ONE'S SELF AND

ENING A

SAME TIME

Mina Murray, Dracula

Finally, the "Where" part has a definite answer.

Anywhere.

Gotcha.

The best practice is to write whatever is on your heart and mind down as soon as possible. Trust me when I say you won't remember all the details if you wait even until you get home or you have time.

Jot a few notes down at the very least, including dates and times to help jog your memory if no other options are available. You can always transfer your notes to your journal when you write the rest of the story or thoughts later.

But don't wait....the *When, How, and Where* you write are the start of your Journaling Journey and when you realize there are no restraints or rules on this process, it makes it easier to just do it.

Chapter 3

What Products do I hse?

(This one is Fun!)



For Journaling, you can use a paper book or an electronic version.

Let's start with the paper choices (Links will follow).

Remember when school supplies go on sale in August literally everywhere? There are some really cool spiral notebooks for under \$5 that will work.

Decide first what kind of journal you need and want. If it's a notebook that's simple and easy, grab something at any store that fits that need.

### People who keep journals have life twice ~ Jessamyn West

Most discount stores also have true Journals, leather or hard bound books that have lined or unlined pages, some with extra components like pen holders and pockets, or even locks on them. You can also create your own with a binder and paper, making it truly one of a kind and perfect for you. There's a relatively new journaling format called "Bullet Journaling" that is totally free form and uses bullets you create on plain paper for guidance and prompts.

Personally, I prefer lined paper, a nicer notebook that feels good to me and isn't too large. I want to carry my journal with me and if it fits in my bag or is easy to carry, I'm much more likely to use it.

Pen or Pencil, Marker or Sharpie.... × × × × × × × × ×

those are the next questions!

I strongly recommend getting a pen that you love and making it your *Journaling Pen*. There's just something about writing with your favorite instrument that makes it easier.

Another option is adding color to your journal. If you're a doodler, artist, or just like to draw, get markers, or colored pencils and make notes in color.

It serves as a great tool to make something stand out, or easier to go back to when you want to remember a specific memory.



I never suggest using a pencil simply because time will lighten the lead and there's a possibility you wouldn't be able to read what you've written after a few years.

Which means your grandchildren won't be able to read it when they find it in about 50 years. And that would be a shame.

Now ... about those electronics ...

I am totally a paper and pen girl, as I've said before. But I know so many prefer using their tablet, phone, or laptop, so I'm including some options for that preference as well.

Full disclosure: I don't use any of these apps, but these are the most popular ones I've found. (Click for links)

Day One App

The 5-Minute Journal App

Journey Cloud

### Daylio

writing is the

Painting

Voltaire

Whatever you choose for your platform, whether paper, electronic, a combination of both, or something you create yourself, having something specific for your Journal makes it much more real and easy to use.

Ease of use is everything!

Chapter 4 What to Write



If you get to this point, you've probably been here before.

It's often easy to buy a pretty notebook, indulge in a fancy journal, and pick out perfect pens.

But when you open that book and those blank pages stare back at you, it's over.

Even as a writer, I often stare at blank pages as well....and it's frustrating, and makes you want to give up before you even get started.

That's where prompts come in. *This book includes 30 prompts* to get those brain juices flowing so you can begin journaling. I recommend using one of them any time you feel stuck but really want to journal. Often, that motion of thinking about the prompt and beginning to write will spark other ideas that will keep you writing.

You can always change the prompts up to fit your needs, or reword them to match what you are thinking about. The prompts are just that: Prompts to help you begin the writing process. Use them for that purpose and you'll be writing in no time.

Also remember the "No Rules" rule....you can write about anything you want to write about, but that still isn't always easy. Writing about your feelings, betrayals, deepest secrets, and dreams is scary and hard to do. BUT....very powerful.

Ajournal is your completely mattered voice - Lucy Dacus



One great idea is to decide on a theme and write on that for a week or a month or until you exhaust all the options.

For example, you could use the theme of "Family" for a very broad or general theme and break that down into categories of relatives, sides of the family, distant (in relationships or location) and immediate.

Another example of a more narrow theme might be a specific event and all the details involved or emotions that have resulted from the event.

There's really no shortage of topics, but it's still daunting to face that blank page.

The prompts will definitely help get you started!

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Almost everyone uses prompts of one sort or another, so it makes sense that you'd want to use them for journaling.

These are basic prompts that deal with emotions, family, self confidence, self care, and personal development.

As I mentioned before, you can easily create your own from these with a few edits to match your life.

- 1. What currently brings me the most joy and happiness?
- 2. What is one achievement I am most proud of?
- 3. Make a list of 30 things that make me smile.
- 4. Create a forgiveness list of those who have done me wrong.
- 5. What do I love about my life?
- 6. What is something I struggle with?
- 7. Make a list of 10 things or people that inspire me and how they do it.
- 8. What is the funniest memory I have that always makes me laugh?
- 9. Make a list of everything I'm doing that I'd like to say "no" to.
- 10. How have I supported a friend recently?
- 11. What is my biggest fear? Why and what can I do about it?
- 12. List 10 things that make me genuinely happy.
- 13. What are my top 10 priorities? Personally, Family, Work/Business

- 14. When was a time I felt vulnerable and how can I change that feeling?
- 15. List 10 things I could teach someone.
- 16. What words do I NEED to hear every day?
- 17. Using only 10 words, describe myself.
- 18. Finish this sentence with a paragraph: The most fun I've ever had\_\_\_
- 19. What am I in control of at this moment?
- 20. What would I tell my past self?
- 21. What is my biggest strength?
- 22. What does my ideal day look like?
- 23. How would I describe myself to a stranger?
- 24. What was something I loved to do as a child? Can I repeat it?
- 25. What about my body am I grateful for?
- 26. Who are the 5 people I spend the most time with? (My inner circle)
- 27. What do I want my legacy to be?
- 28. What is something I overcame and am proud of?
- 29. What is a positive change I've made in my life?
- 30.What is something I celebrate each year that others might not?

Once you begin the process of Journaling, the thoughts and words will come much easier. Over time, you'll begin to look forward to writing for therapy and to clear your mind. You'll also view events and happenings differently as you think about how you'll write them in your journal and what pieces you want to remember.



Chapter 6 Journal Links

If you decide to go with a nicer, fancier journal, you'll enjoy perusing all the options. In case you don't have all those options close by, I've included some links to journals I personally like.

Disclosure: Please note that some of the links listed are affiliate links, and at no additional cost to you, I will earn a commission if you decide to make a purchase.

The Joy Note: I love this one for the pen holder, size and lined sheets!

Leather Notebook: I love this one because of the cover, you can add and remove paper easily and it's perfect for all the art you want to create, whether it's doodles or masterpieces or notes to yourself!

Tree of Life Vegan Journal: I love this one because of the Vegan Leather, the book mark and the lined pages. It's simply beautiful.

**Style Journal with Motivational Quote**: You may not know this, but I never met a motivational quote I didn't like ... so any journal with a quote on the front is one I'm going to love. This one gives you many choices.



Journaling is Therapy for the Soul

~ Sasha Gray

As you set out on your Journaling Journey, remember that you're doing this for you. You're not writing for anyone else and no one else has to see anything you've written.

Use this as a way to get deeper in thought, better acquainted with yourself, and have an easier way to digest your feelings and emotions.

Journaling has a way of making your time with others and your self better and easier to deal with. There are no rules and you can continue forever. Sounds like a pretty cool thing to me!

Let's stay in touch! You can find me on Social media, and my website lists many freebies, as well as the *Glitter & Grace Club* ~ an online membership club that brings you community, motivation, coaching courses, inspiration and laughter!

Happy Journaling!

Glitter & Grace, Sasha

Lets stay in touch! Scattered