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Journal GUIDE



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Intro to Journaling

At [The Power of Girls](#), we believe journaling is an underrated, super useful tool for learning about yourself and becoming the best possible version of yourself. The beauty of journaling is you can do it just about anytime, and thanks to smartphones, literally anywhere. It is a gift of time you can give to yourself. Just you, your feelings, and your journaling method of choice.

There are so many kinds of journaling that have become popular these days - there's no doubt you can find the right one for you. In this guide, we will walk you through why we think journaling will become the most important 15 minutes of your day, the different types of journaling options you can use and questions to set a plan and get started. We've even added a few journaling prompts to get you going today.

We really feel, if you stick to it, this will be a game changer for you. We're so excited to be on this journey with you.

Why Is Journaling So Powerful?

You might be wondering why we're betting journaling will impact your life. It may not be immediate, but when you start a consistent practice of journaling, you'll start to notice positive differences in your life. You might feel more organized, confident, better able to deal with the drama, and maintain positive vibes. For some people, their journal is really their safe space to be 100% themselves with no judgment.

There's something about the brain to pen to paper connection that helps you sort out how you're feeling. Journaling is a really personal practice. It's just you, your paper and a pen. That's why it's important to find the method that works for you. You've probably heard people talk about the benefits of journaling before.

A consistent journaling practice can help you:

- Get more organized
- Set ambitious goals
- Unlock your hidden gems of wisdom
- Think more clearly
- Improve your creativity
- Boost your self-esteem
- Improve your relationships with yourself and others
- Increase your mindfulness
- Heal from tough situations
- Learn about yourself and your patterns
- Introduce more gratitude into your life

Starting a new habit has its challenges. You may not always be in the mood for journaling. Sometimes your routine will get messed up and you will forget. Life will definitely get in the way. And that's *okay*. The most important day when building a new habit is the day after you missed it. Say it's a Friday night and you rushed to go hang out with your friends and missed your journaling practice. Pick it back up again on Saturday and keep rolling. No practice is perfect, but it does take a little commitment.

Once you find the right kind of journaling that works for you and determine a schedule, it will be a lot easier to keep this habit a consistent one. In this guide, we've shared four kinds of journaling that might be new to you. We encourage you to give them each a try, but if you want to start today, feel free to skip to the journaling prompts at the end.

How to Use This Guide

This guide has everything you need to get started with journaling today. It's important to point out that there's no *right* way to journal. The only right method is the one you're able to blend seamlessly into your routine so you can turn journaling into a consistent practice. There's a key phrase in the last sentence we need to take a moment for - "consistent practice." All of the benefits from journaling add up slowly over time. And while you can get benefits if you do it randomly when you're in the mood, the real change comes when you give yourself the gift of making it a daily practice. A practice that you show up to every day, in a good mood, bad mood, rain or shine.

Types of Journaling

Gratitude Journaling

This type of journaling focuses on taking time every day to think about what you were grateful for that day. Many of the world's leaders, entrepreneurs, millionaires, etc. swear by this method. By focusing your energy on what you're grateful for, you will no doubt feel more positive. Gratitude journaling can turn a sucky day around. It's your friendly reminder to focus on what's really important and spend less time thinking about inconsequential stuff that brings you down. Some say the more gratitude you show, the more you'll receive things to be grateful for.

TIME COMMITMENT: A FEW MINUTES A DAY

Benefits:

- Takes only a few minutes
- Easy to get started
- Positive effects come quickly

Here's how you do it:

- Set aside a notebook dedicated to gratitude journaling.
- Set a time every day to do your gratitude journaling. Some people prefer to start their day with gratitude to kick off their day with good vibes. Other people like to end their day thinking about what happened to make them grateful. Choose the time that is easiest for you to fit into your routine and set a reminder on your phone for the first few weeks.
- List 3-5 things you're grateful for.
- But wait, there's more. Here's where it gets real. It can be super easy to mindlessly list out three random things you're grateful for. But that's not where the magic is. As you list out those things, really think about *why* you're grateful for them.
 - » What impact did it have on you today?
 - » How did it make you feel?
 - » How did it feel when it happened?



That's all you have to do! It's probably the most straightforward journaling there is. It only takes a few minutes each day and definitely will have you feeling more positive. The beauty of this kind of journaling is you can add it to some of the other journaling methods we'll introduce next.

Morning Pages

This type of journaling is for the early birds-- for the girls that get up in the morning before everyone else with a smile on their face. This type of journaling requires zero prep or thought. Literally, all you do is sit in the morning with your journal and write your thoughts as they come out, like a stream of consciousness. You don't think; you just write. You don't second guess; you just write. You FOR SURE don't judge your thoughts; you just write. Some things you write may end up surprising you. You may end up writing out beliefs or thoughts you didn't even know you had. You may gain some surprising insights or you might just empty all the thoughts in your brain that are taking up valuable, creative, problem-solving space.

Some people determine a certain number of pages they want to write every morning. Three seems like an optimal amount (depending on the size of the pages in your notebook). Other people like setting a time limit. They just write and keep writing for 10 minutes each day.

This style of journaling was made popular by creatives and writers. People who use it feel it helps them get all of their random thoughts out early in the morning so they can start working on creative projects with a fresh and clear mind. You can think of this kind of journaling as a morning refresh. It's the paper version of your favorite iced coffee. Get rid of that busy, distracting morning mind and start your day fresh.

TIME COMMITMENT: 15 MINUTES A DAY

Benefits:

- Clears your mind in the morning
- Helps you to be more creative
- Helps you identify lingering thoughts or beliefs

Here's how you do it:

- Wake up about 15 minutes earlier than you normally would.
- Begin writing. Don't think about what you're going to write; just write.
- After you're done, don't give it any more thought or judgment. Simply continue your day,

Inquisitive Journaling

This method is probably the closest to the traditional form of journaling, but adds a little bit of spice. This method can be done any time of day, for as long or as little as you like. In this type of journaling, you might write about your day, situations that happened or feelings that occurred. What makes this method magical is what happens next. When you're writing about a situation, you want to intentionally stop and write how that situation made you feel. Then you want to pause again and write about *why* you think it made you feel that way.

Here's an example:

Incident → Feeling → Why do I feel this way?

My best friend decided to sit with other people at lunch. → It made me feel confused and sad. → Sometimes I feel insecure about our friendship when she hangs out with other people.

Now you can take it even deeper if you add a "but really, why?"

My best friend decided to sit with other people at lunch. → It made me feel confused and sad. →



Sometimes I feel insecure about our friendship when she hangs out with other people. → Instagram makes me feel like I don't have enough friends. It seems like everyone has these huge girl groups and I just have my core group and my bestie. When she sat with other people, it triggered that insecurity.

Like this example shows, you may figure out what is at the root of some of your feelings. In the example above, it wasn't necessarily that your best friend sat with someone else, it's that you feel like you don't have enough friends. You don't feel like you have enough friends, because Instagram makes it seem like everyone has these huge friend groups and you don't. Our feelings can be tricky in that they are not always obvious. Sometimes to address our feelings, we have to do some investigation to get down to the source. Only when you get to the source can you begin to make a change or heal. The source will show you what you need at that moment.

TIME COMMITMENT: 25-30 MINUTES

Benefits:

- Helps you figure out tough problems
- Helps you discover new insights
- Helps you learn about yourself
- Uncovers your thought patterns

Here's how you do it:

- Set aside a notebook dedicated to inquisitive journaling.
- Start writing about a situation or feeling that has been replaying in your mind.
- Commit to being honest about how you're feeling-- no one is going to read this but you! Leave shame and judgment behind. Write how you feel no matter how imperfect it seems.
- Follow the process:
 - Incident → Feeling → Why do I feel this way → But really, why?
- Take a moment to pause and reflect on any insights you gained.

Bullet Journaling

There isn't enough space in this guide to go into all the things you can do with a bullet journal. This is for the creative, hyper-organized girls. This is for the girls who love planners/agendas but could never find the *right* one. This is for the girls that love structure. This is for the creative girls who get lost in a magical place when doodling. Your bullet journal is 100% customizable and can combine all of the aspects included before this. It is way easier to show you what a bullet journal is than to explain it. Words just won't do this one justice.

Check out our favorite videos on Bullet Journaling:

- [Easy How to Start a Bullet Journal - Francesca Grace](#)
- [10 Types of Self Care Trackers for Bullet Journals - Erin Floto Designs](#)
- [My 2021 Bullet Journal Setup - AmandaRachLee](#)
- [Vision Board Journaling - AmandaRachLee](#)
- [February Bullet Journal Plan With Me - AmandaRachLee](#)

Spreads to consider:

- Daily Gratitude
- Habit Tracker
- Weekly Reflection
- Monthly Goal Setting

- Mood Tracker
- Your day in Three Words
- Books to Read

TIME COMMITMENT: A FEW HOURS A WEEK

Benefits

- 100% customizable to your needs
- Can incorporate all of your favorite journaling techniques
- Great creative outlet

Here's how you do it:

- Dedicate a blank notebook to journaling.
- Grab all your creative supplies, pens, highlighters, markers, etc.
- Figure out how you want to organize your bullet journal.
- Begin creating magic!

Let's Make a Plan

Okay, now that we've explored a few popular journaling styles, let's think about making a plan. Without a plan, it will be too easy to journal for a few days and then completely abandon it when life gets too hectic or you wake up too late one morning. Answer the prompts below to come up with a plan that works for you.

Have you ever journaled before?

- If yes, what stopped you?
- If not, why not?

How much time do you have a day to focus on this?

What areas of your life do you want to focus on? Gratitude? Journaling about feelings? Building healthier habits? Self-care?

Which method are you going to choose to focus on that area?

At what time will you commit to journaling every day? AM? PM?

When will you start?

Okay, now that you have a plan, it's time to set a reminder in your phone for one week after your start date. In that reminder, include these questions for a quick check-in on how your journaling is going:

- Have I been able to commit to my journaling practice this week?
 - » If yes, what can I attribute to that?
 - » If no, what's not working?
- Do I like the journaling style I chose or should I switch it up?
- What difference have I noticed in my mood this week?
- How can I keep this commitment going?



Journaling Prompts

Sometimes you just need a good prompt to get you going. We've got some prompts to get you started.

1. What made you smile recently?
2. How have you grown over the last year?
3. When was the last time you changed your opinion on something?
4. What relationship in your life do you value the most? Why is it so special?
5. What situation did you have a hard time getting over? Why do you think it was so impactful?
6. What makes you feel safe? Physically, emotionally, etc. Who in your life makes you feel safe?
7. What is the best quote you've ever heard?
8. Recall the best day of your life. What happened? Who was there? Why was it so special?
9. What is one improvement you want to make in your life?
10. What habit do you want to start? What habit do you want to stop?
11. What's bothering you right now? Why is it bothering you?
12. What is your best quality?
13. If you could give advice to your younger self, what would you say?
14. Write a letter to your future self. Talk about the things you've accomplished and challenges you've overcome.
15. What can someone do that makes you feel loved?
16. What do you do to make yourself feel loved?
17. What do you do when you're feeling sad? What does your current support system look like?
18. What happens when you get angry? What are the physical signs you are getting angry?
19. What are the qualities of a good friendship? Do your current friendships have these qualities?
20. What's stressing you out right now?
21. Who do you look up to? What do you admire about them the most?
22. Write a list of 10 bucket list things you want to do in your life.
23. When was the last time you experienced rejection? How did you handle it? What kind of words would you say to yourself now?
24. Describe a good deed you did this week.
25. Think about a time you really felt seen and heard. What was it like? Who was there? What did they do that made you feel seen and heard?
26. If there was one thing you could change about the world today, what would it be?
27. What is something you're currently struggling with? Is there someone or something that could help you?
28. If someone asked you what your top three values are, what would you say?
29. What are you most proud of?
30. What do you know about yourself now that you didn't know one year ago?
31. How can you take better care of your mental health this week?

Get Started Today

You're starting today - that's right TODAY.

A wise woman said there's no time like the present. Pick one of the journaling prompts and give it a whirl. Why not? You've got nothing to lose. Give yourself the gift of a few minutes, just for you.

Our Favorite Resources

Looking for some more resources? We've got you covered. Check out some of our favorite videos on journaling.

- [How to Get the Most out of Journaling - Conversations about Culture](#)
- [9 Journaling Tips for Beginners - The Bliss Bean](#)
- [How I finally started journaling *and actually enjoying it*](#)
- [Journaling for Beginners](#)

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