



The Magic of Journaling

By Jane Deuber

For decades I have started my day with journaling. It grounds me to what's important, access my inner wisdom and enables me to move through the ups and downs of my inner world.

So, it's no surprise that I offer this tool to my private coaching clients, who I am working with to take their business to the next level.

If you've grabbed this resource, it tells me you are reaching for something more and that you want to use "what's inside" to help you create the life and business you've been wanting. What follows are my thoughts and suggestions on how to use journaling to further you on your journey.



I'll begin with a disclaimer. I am not an expert on the topic of journaling. What I am is a practitioner of this process for more than 20 years. I started while building my first business, when I noticed I had fears, questions and doubts coming up that I needed to understand. I turned to journaling and never looked back. I have dozens of journals from the past two plus decades. They are a reflection of my journey and a wonderful way to connect with the ups and downs that have made me who I am today.

I use journaling to understand, to process, to express and to create. I've moved myself from doubt and fear toward a place of peace. I have countless stories of writing down what I want and then in as little as a few days or as much as a few years, seeing that thing show up in my life. From a phone call from an old friend to the dream home I live in today, it all began with the simple act of writing it down.

So let's begin with a few suggestions to help you get started.

Dialogue with Source

About 10 years ago I had the privilege of working with Tim Kelly, who taught me a lovely process of journaling that I have used ever since. Often referred to as "active imagination" or the "Inner Harmony Process," it is a scripted conversation where you dialogue with your higher power to access the answers

that are already within you. This journaling practice has produced many profound realizations over the years and perhaps my favorite of all that I am presenting here.

Vision Crafting

Often, I write about an idea or opportunity I would like to bring into existence. It might be a goal I want to achieve, the client I want to attract, a project we are working on as a team, or a new team member I want to manifest. The important thing is that I just write - without concern as to whether it is right, wrong or even possible.

To Shift My Mood

On days when worry is present I will use journaling to shift my focus from what is or what could be to what I truly want. On these days, the entry may start with the simple question - What do I truly want? Then I write the first thing that comes to mind and just keep on writing.

Unpacking A Challenge

When I want to move through or even understand a challenge I might be having, I'll simply pose a question and write it at the top of the page. Then I explore possible solutions. I might explore the pros and cons of an opportunity, write down my concerns or just express my feelings of fear, confusion or whatever comes up.

Moving Through fear

One process I often lean into is something called "the work." It's a four step process, created by Byron Katie. What I love about it is its simplicity. Four questions that lead you to a conclusion and the opportunity to make a choice about how you want to feel. When we put our feelings on paper they don't seem so big and unmanageable.

Here are her four questions...

1. Is it true? (Yes or no. If no, move to 3.)
2. Do you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

For more on Byron Katie's work, [click here](#).

Short & Sweet

Other times my journaling is short and simple. A list of things I am grateful for, a quote I found in my reading or an insight I heard on a podcast or found in a book.

The Power of Questions

The following questions are taken from an intake exercise John Dulworth does with each of his private coaching clients. This is just a hint to the wonderful questions he has you explore, but enough to get the sense of how powerful the process is.

What do you want more of in your life?

What do you want less of?

Name something you want.

- a. What is important about it?
- b. Who are you with?
- c. What is beyond it?
- d. What if you don't get it?

Your Next Steps...

- Buy yourself a journal that speaks to you - one that you feel good opening up and writing in.
- Get yourself in a place you feel comfortable, safe and free from interruption.
- Get in nature if possible. Being close to water is even better.
- Take one of the questions from the list below and start to write.
- Avoid over thinking or editing what comes up. Get it out and on paper.
- When you are done writing, celebrate taking this time to connect with that wise, loving part of yourself.