



Journaling Foundations

Journaling allows us to access what's already there. We get caught up in the noise and find it difficult to hear our truth. Writing allows you to sort, process, and sift through your collective thoughts. It is a tool for personal development and business. Journal for yourself. Journal for your business. It Almost all of my copy begins as journaling about what I want to say. There's no pressure. You can even write, "This is silly, I don't want to do this."

Journaling is the entire foundation of self care. It allows us to quiet our minds, record our thoughts, and expand our thinking. It causes us to think in a singular stream of conscious rather than thoughts bouncing around. Journaling is an invaluable tool for everyone. Typing or writing doesn't matter, as long as you're getting words out on a consistent basis.

As part of the Magic and Mindset Reset, we'll be doing morning pages as described in Julia Cameron's *The Artist's Way*. The basic idea is to write three pages by hand (but you can type if that's preferable) every single morning. It doesn't matter what you write about or what you say, only that you write three pages each morning without fail. You can learn more about them here:

<http://juliacameronlive.com/basic-tools/morning-pages/>

Her book is definitely not mandatory, but I really love it. If you'd like to grab a copy of *The Artist's Way*, you can grab it AND the workbook here >>

<http://amzn.to/2y9mjJq>



Humans aren't perfect so I don't expect morning pages every single day, but it's extremely helpful if that's what you strive for! You can add your morning pages into your Trello Board if you like. The Trello Board you have access to is JUST FOR YOU. I will place all course materials in the Trello Board and it's a space for you to upload your assignments, write feedback, ask questions, etc. You can tag me in your comments for high priority questions.

Nannette Minley, my biz coach, did this badass mini training if you're brand new to Trello >> <http://bit.ly/2ziHdtE>

and check out her website here >> <http://nannette.minley.com/>

