

Journal for

Joy
Calm
Focus
Understanding
Creativity





5 Minutes to Joy

Even if you don't like writing, this exercise has changed many lives. Log your gratitude 5 minutes a day and see your outlook – and opportunities – shift.

Every night, write:

I am **grateful for** (list one thing you haven't listed before).

Today, I **accomplished** (list one thing you did).

5 minutes.
It's transformative!

Journal to Quell Anxiety

"She was consumed with worry." There's a reason we describe it that way. Worry distracts us, making us forgetful, unfocused, paralyzed instead of powerful, reactive rather than proactive. Our minds blast a soundtrack of negativity while emotional racquetballs ping in our skulls. The solution? Force one thought to the front a time, until your brain is empty and the page is full.

First, quiet the chaos. Write the following:

I am worried/frustrated/mad/afraid because

I feel this way **because**

In this situation, **I see myself** as

I am sorry for

The **worst that could happen** is

Second, switch soundtracks. Write the following:

I have experienced tough times in the past (don't write them).

I am different than I was in the following ways:

My resources are (list skills, friends, and other resources which might help you).

I don't know the future. God is the Creator of the universe and my Daddy. **I trust God** to network my solutions and equip me to succeed.

Thank You, Lord, that I have the mind of Christ (1 Corinthians 2:16), I was created for good works (Ephesians. 2:10), and You will complete the good work You've begun in me (Philippians 1:6).

Hi, God!

Journal to Focus Your Prayers

A healthy relationship requires conversation. God made Adam to commune with Him in the garden, and Jesus is described in John 1:1 as "The Word." To stay focused while you pray, journal your prayers.

First, make the connection. Write the following:

Thanks for things God has done.

Love for who God is.

Apologies for things you did wrong or neglected to do.

Second, share what's on your mind. Write about:

Your desires and dreams.

Questions about **God's desires** and dreams. (Look for answers throughout the day).

Prayers for yourself.

Prayers for others, including your spiritual and political leaders, people impacted by world events, and those inside and out of your immediate circle.

Scriptures which speak to you, and your thoughts about those scriptures.

Questions about things which don't make sense to you. (Listen for answers and compare them to scripture).

In years to come, read what you've written.

Old journals can remind you of answered prayers, memorable experiences and significant dreams. They show how much you've grown, and where you might be stuck. The Psalms we enjoy today were once the prayers of a shepherd.



Journal to Understand Dreams

As you sleep, your brain recycles the data of the day, but some dreams are so vivid or emotional you know they mean more. Perhaps it's time to deal with unresolved issues, or God's giving you insight. In Joel 2:28 NIV, the Lord says, "I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions."

Be prepared:

Keep a journal by your bed.

After a vivid dream, jot the details you remember, then go back to sleep.

When you awaken, read the dream and ask God to help you understand it.

Look for clues:

Where were you in the dream? How did the place make you feel?

Who was in the dream? What part of your personality might that person represent?

If there was conflict, **how** did you respond? Would you respond the same way now?

Were parts of the dream simply bits of your day being **recycled**?

Can you identify **symbols** which represent a current issue? For example, a baby in a dream usually represents a new idea, project or goal. For an extensive list of dream symbols, see christiandreamsymbols.com.

If the dream was about a disaster or negative event, **pray immediately** for the people involved. It might be unrelated, but many people have been awakened to pray while someone across the globe was undergoing spiritual attack.

Now that you've thought about the dream, **write** your initial feelings.

Journal for Creativity

"Write what you know." This advice from Samuel Clemens (Mark Twain) has given writers an excuse to try anything from hang-gliding to homelessness. It also reminds us to make stories realistic by using details from our friends and family, locations and vocations.

Write what you know:

A **saying** someone uses all the time:

A **physical gesture** someone makes when excited, sad or angry:

The **scent** of the place you work or frequent.

The **voice** someone uses when talking to pets or children.

A **noise** which is either constant or startling in a place you frequent.

Try something new:

Experience a new activity or visit a new place, and journal as many details as you can. Take pictures or record audio or video if possible, to assist your memory.

Log your life:

Save quotes from books, movies, songs and friends. Make sure to include the source, for easy reference in the future.

Make note of events, conversations and accomplishments.

Spans and thanks—journals are great for venting when you're angry or unhappy. Make sure to journal the good times as well.

Journal for a Wise Life

If you've enjoyed this collection of journaling tips, check out my other materials:

Wisdom – Better than Wishing

What does God sound like? This 31-day study of Proverbs will teach you to **recognize God's guidance and build enjoyable relationships**. Order the book and journal for yourself or get a free group study guide and videos when you order 7 book and journal sets.

The group study includes these skill-building videos:

- Rear View Driving
- Free to Feel
- Enjoying the Love Everyone Wants (2 parts)
- Difficult People (2 parts)
- Share Your Wisdom Wisely

Option Ocean – Navigating the Sea of Possibility

You're ready to launch, but which way do you go? How can you **use your talents to build a life you'll enjoy, a life of purpose**? What if you spend years trying to be someone you're not, or approach success and find old scars limiting your reach?

We're here to help.

In this 31-day devotional, 12 authors share guidance and stories of overcoming the voices which said:

- You're not good enough (not true!)
- You're built wrong (says who?!)
- You always mess things up (that's innovation!)

You'll **explore your gifts and what motivates you**. You'll learn how to **build a great reputation and healthy relationships**. Most importantly, you'll **spend time with the One who created and loves you**. The sea of possibility awaits!

Share Your Wisdom Wisely Devotional Book Writing Experience

You have a unique voice, stories no one else can tell and a perspective gained by living hand-in-hand with your Creator. Why not **write your own devotional book**? In this course, I'll walk you through the process of planning, writing, publishing and promoting your book. Make this the year your dream becomes a reality!