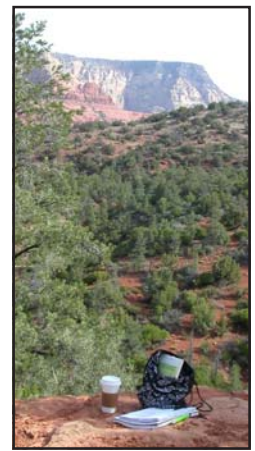




Carla journaling on vacation in Sedona



## **CIY: CREATE IT YOURSELF PROJECT**

### **Intentional Style Sheet - #1 - Journaling Your Summer**

Tools and processes to take a fresh look

By Carla Reeves - Sanity Journals

Check out [www.sanityjournals.com](http://www.sanityjournals.com) - Carla's products, classes, inspiration

### **Learning the tool of journaling with Carla**

## **CONSIDER THE POSSIBILITIES**

Imagine discovering a tool that is free and always available. It allows you to find your center, and tune into who you are. It provides a place to process life's challenges, savor the experience, and discover who you are and why you are here. You are welcomed back time and again to restore peace of mind. It is there that you discover a calm, wise voice within that lifts you up, affirms who you are and is kind to you. This is journaling...this is what becomes available when you practice. If you took on a journaling practice, how might life be different?

### **Take a fresh look at journaling...**

We live in a crazy world, where busyness often consumes our days. Our many influences point to external things for fulfillment. Keeping this pace...we can easily find ourselves operating in auto-pilot as though our circumstances have control over us. Learning to journal in a fresh way means finding an inner sanctuary where you can restore peace of mind; create actions that come from your commitments, and discover a playground for creating, dreaming, discovering, reflecting, healing and growing. It doesn't have to take a lot of time and can mesh right into your world giving you an outlet for sanity and life fulfillment. Begin the adventure! Expect to feel happier, sleep better, release stress from your body, and discover amazing depth and creativity to your being that you didn't know existed.

**Letting go of perfect...** Remember, journaling isn't about finding the perfect, quiet moment, but about tapping into a place of inner peace amidst the chaos.

**Be prepared...** Carry a journal or notebook with you...in your purse, car, by your bed, etc. When you need it, you are ready.

## **Moving forward & getting started**

Take a look at the beliefs you hold about journaling. What are the thoughts that come to mind? These thoughts can get in the way of the possibilities that writing has in store for you. Acknowledge any and all them by writing them down and letting them go! Some feelings that might come up...

**"I am afraid my journal will be found."**...I often share with women at my retreats - if you have a day where you need to vent, write it down and throw it away. The idea is to purge these thoughts from your body. When you release the negativity, you create a space for new thought and wisdom to show up. Another way to approach it is to embrace your humanity and all that comes with it. Your process to grow, stretch and move forward may someday impact the life of another. Do what it takes to remove the barrier or fear without it stopping you from writing. The feelings will be there, it's what you choose to do with them that will make the difference.

**"I'm afraid of what I will find."**...remember that it is all part of you. Feelings can occur like big scary monsters in the mind, but once expressed and acknowledged you take the "scariness" away and move yourself to a place of power and choice.

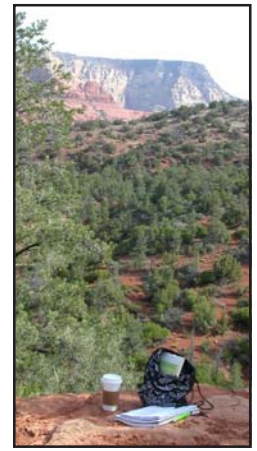
**"I'm not a good writer."** - I believe that every individual has a unique expression and view of life, a beautiful voice. You get to discover yours!

**"I don't have time."** - Consider that journaling doesn't have to require a lot of time. I find sometimes it only takes 5-10 minutes to move through something in my journal...other times I choose to write longer. There is no right way, just your way. Do what works and flows in your life.

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#### **PAGE 2**

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Now that you've learned the tools, here is how to use them

"It's selfish." – You will discover that when you make time to go within and be responsible for your well being, you will have way more to give others and your giving will come straight from your heart.

### **3 Simple Journaling Methods to Restore Peace of Mind**

Release negativity...if you feel upset, angry, frustrated, anxious, or fearful...Your thoughts create your feelings. Write down all the things that are going through your mind. Do this as quickly as you can. Stewing over something in your mind can take your energy and zap your zest for life. Writing it down acknowledges it and takes the power away. You will experience a sense of relief and create a space for new insight and clarity to show up!

Recreate your day...some days just seem to start off downhill. Take five to regroup before your whole day slides away. Take five minutes to center yourself. Observe from a distance what is happening. Write down how you feel and what you see. Give thanks for something good and CREATE with words what you intend for the rest of your day.

Prepare for a Restful Sleep...Clear your mind by writing down anything from your day that continues to go through your mind. This may be tomorrow's to do list, worries, ideas, challenges, etc... Close by writing down 3 positive things that happened today, ask "why did they happen, and give thanks."

## **4 SIMPLE STEPS TO DISCOVERING YOU**

### **STEP 1 - Take a new look at journaling....**

Read again the "Consider the Possibilities" above. Ask yourself... How could journaling benefit me at this time in my life? What difference could it make with my well-being?

### **STEP 2 - The Tools...**

Choose a notebook, piece of paper or your favorite journal and a smooth writing pen or pencil. It should feel good to you.

### **STEP 3 - Create the space...**

Choose your spot...again it should feel good to you. Limit distractions. Close your eyes...move your attention inward, quiet your mind... be right where you are. - Ask yourself... What do I want to take away from this time? Write your intention down.

### **STEP 4 - Dive in....just do it**

Ask questions, and listen for answers. Trust what comes and write it down. (Your critic will want to interfere, and all there is to do is keep writing and gently say "no thank you" to the critic. Keep your pen moving even when it appears to be going off on a direction of its own...just follow.

### **Share your truth...**

if you feel you are hovering over the truth, dive deeper by asking questions, What else? Is there more here? One step at a time...practice...be kind to yourself in the process and be open to the rewards that will follow from taking time to know, trust and express who you are. The more comfortable you become writing who you are on paper the more the expression of you will show up in your daily life.