

THE JOURNAL

aims

- to give you the time to develop self-awareness
- to develop the 4 intelligences
- to stimulate creativity
- to encourage mindfulness
- to reflect and learn
- to realise current unconscious processes

instructions

- write four pages each morning - completely intuitively - let it happen - do not structure it or worry about what you are saying, or how you are saying it - write down anything that comes to mind. Write as fast as you can.
- release yourself from the need to craft it (it is not a report, list of things to do or analysis)
- be petty, silly, joyous, crude - whatever - just be you. Don't look for deep thoughts or meanings - just write.
- the pages are never to be shown to anyone else - they are your private space to dream, fantasise, complain, rejoice
- they are not to be re-read
- four is the minimum. If you do 6 - it's still 4 the next day!
- there is no wrong way to do them
- write in longhand and be aware of what happens physically as you write
- try to be aware how you feel - happy, angry, sad, scared, surprise, contempt, disgust
- enjoy it