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FREE GUIDE

Master Your  
Journaling Skills



# WELCOME!

Journaling is one of those activities that comes with a long list of benefits and that is easy to get excited about, but difficult to keep up with. The most important thing to keep in mind when it comes to writing in a journal is that there are no rules – you can do it how you want, when you want, and where you want.

The following pages are going to guide you through some simple steps for journaling more often and actually finding a way to enjoy it. As you know, motivation is temporary, so you can't count on motivation alone to journal on a daily or regular basis. What you need is to find reasons why you want to journal and really fall in love with the activity. I was resistant to journaling until I realized how much it was helping me reduce stress and anxiety each day. Now it is a non negotiable part of my self care routine.

This is my proven method that I have used personally and with all my clients. This guide will show you basic tips and suggestions that will help you think outside the box when it comes to journaling, and find new ways to inspire yourself to write in your journal to reduce stress, anxiety, and create whole mind body health & wellness.

# Find Your Purpose for Wanting to Journal

The first part of journaling more often and actually enjoying the practice is to re-envision what your main reason is. Keep in mind this can change over time, and most likely will. But it is good to have the purpose written down for wanting to journal, and to keep revisiting it whenever you need to. I use my journal practice to manage stress & anxiety. It is helpful for me to write down the things that cause me to stress out each day as a way to let go & release my feelings of anxiety & worry.

## *Why is this Important?*

The main reason behind you wanting to journal is going to be different from other people, so the first reason it is important is because you need to know why YOU are journaling. Some people want to vent their frustrations, other people like to use their journal to work on personal goals, to dump out all their thoughts and feelings, or to find more about themselves.

Sometimes there are more specific reasons for journaling, like keeping a gratitude journal or an art journal. It doesn't matter what your purpose is, as long as you are honest with yourself about why you want to write in a journal. This is where you are really going to feel inspired to use it more regularly.

## *Figuring Out Your Motivation*

Motivation doesn't last forever, but it is great when you are first starting journaling, or when you take a break and want to get back to it. If you are currently struggling with that little push to get started, then you need to figure out your motivation by thinking about your reasons for wanting to journal in the first place. I like to write my "Why" on the inside cover of my journal to help me remember when motivation lacks.



# Experiment with Your Journaling

The next step in my method to journaling more often and improving your skills is to mix it up a little. This is when you are going to experiment with when, where, and how you write in your journal. It can make a big difference when you are writing with a different mood or different time of day than you typically would, and can actually impact how much you enjoy writing and what you get out of journaling.

Here are a few ideas:

## Write While in a Different Mood

Do you find that you only write in your journal when you are in a certain type of mood? Maybe you prefer writing when you are in a happy mood, or are the opposite and like to write in your journal when you are upset and want to vent. I began my journaling practice when I was overwhelmed with anxiety and needed a way to decompress. Now I use my practice as a way to start & end my day with a positive mindset.

Think about what mood you are in when you typically write in your journal, then switch it up. If you write when you are happy, try writing when you are upset or just had a stressful or frustrating day. If you usually vent in your journal on bad days, then choose a really good day and write in your journal.

You will be amazed by how different your writing can be, and might even enjoy it a little more.

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## Switch Up Your Writing Conditions

Where you write can also have an impact on your writing style and what you get out of the experience. Many people choose to write in their journal at home, such as in their bedroom or home office. If you always tend to gravitate toward a certain writing condition, why not switch it up?

You can take your journal outside and write on your back patio, or even take it on a walk and when you take a break while sitting on a bench, write a few pages of your journal. You can also try heading to a local café or coffee shop and write there. In these summer months I love to sit outside with an iced coffee and take a few moments to breath in the fresh air before I begin to write.

Your environment can also change your mood and what you write about. It is good to be diverse in how and where you write until you find whatever feels more comfortable for you.

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## Try a Different Time of Day

You might also want to try writing during a completely different time of day. Experiment with different parts of the day, from writing in the morning, to writing in the evening. If you have an early morning or afternoon break from work, get out your journal and jot down how your day is going so far. I have recently began an afternoon reflection practice and it helps me to acknowledge my accomplishments in the day and keep me on track with tasks I have not yet completed.

The great thing about this is that it helps with the other experiments, such as writing in a different mood or a different place than you typically would.

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# Use Unconventional Journaling Tools

Being more creative with your journaling is a great way to inspire you, keep you motivated, and make it fun. This is another big part of this method to journaling more often and getting more out of it. In this section, we are talking about what you actually use to write (or draw) in your journal, aside from the basics.

## Changing Your Main Writing Tool

To start with, you can try writing with another tool, even if it is still a normal writing tool. For example, if you have a favorite pen you always tend to use for writing, switch it out for something else. This can be a gel ink pen instead of ballpoint, using a pen with different ink, or writing with a regular pencil instead of a pen and vice versa. Just try using something you wouldn't normally write with to have a different type of journaling experience.

## Colored Pencils, Markers, and Crayons

The next step is to get something you would never have thought to write with, starting with your art supplies. If you are an avid adult coloring book user, then you probably have some colored pencils lying around. Use them to write with in your journal! This adds a little color and allows you to get into a different headspace. It can really change how you write and what you write about just by changing what you write with.

Some other ideas include using markers you have lying around, or even crayons. That can be fun, and you can turn it into a type of themed journal entry where you use crayons when writing about your childhood. I love to use felt tip colored markers. They are easy to write and draw with and are easy to find at Target or Walmart.

## More Unconventional Writing Tools

If you want to take this one step further just for fun and to see what happens, get something else that you can write with. This might be another type of art supply, like charcoal or Indian ink, or even grabbing an eyeliner you don't use anymore and writing with it. Adding more interest and creativity to your journal writing can really help you find brand new inspiration, and give you more reasons to write regularly.

# Don't Shy Away from Your True Self

The final thing we want to discuss is when and how to self-reflect. As we mentioned, this is something you can continue doing every day or week, not just a one-time thing. It is important that you make time to reflect on a regular basis, preferably every day. Here is how you can make it part of your daily routine: Journaling can take many different forms, with practically an unlimited of topics to write about. While many people choose to write about their day, express their feelings, practice gratitude, and discuss things happening in their life, this isn't the only thing you can write in your journal.

There are also ways to incorporate more creative writing into your journal, including dreams, fantasies, and even make believe. Here are a few ways to include some fantasy in your journal entries to make it fun:

## Write a short story

To start with, you can write a short story in your journal. This can be as short as you want, from a few paragraphs to briefly describe something that happens to a single character, to a few pages long in more of a typical short story.

This benefits you in a few different ways. It first allows you to step outside of whatever stressful situation is in your real life and live in a fantasy world for a while. It also helps you to channel your imagination and see what type of story you can come up with. If you are interested in creative writing, it can be a short practice to try in your journal whenever you have hit a block in your novel. This is a great tool to help you manage your daily stress & anxiety. I commit to this practice once a week to keep my journal practice fresh and my creativity flowing.

## Explain your dreams

You can also incorporate some of your own reality in the journal entries. For example, if you have a vivid dream at night and want to explore what actually happened, write it in your journal! Describe it in as much detail as you remember, then add little notes about what you think it meant.

## Reflect on Your Meditation

I often sit for a guided meditation and immediately journal after. When you do this, you can learn a lot about yourself. I keep this practice informal. I free write words, phrases, feelings that came up during my meditation, and I also include my distractions while meditating. This is a good practice to notice your thought patterns and your internal distractions.

## Describe Your Ideal Scene

I recently participated in a group coaching program called Align Higher. It was a spiritual bootcamp where we learned how dig deep and uncover our deep seeded spiritual issues and how to navigate them in order to grow personally, professionally, & spiritually. One exercise that I absolutely loved was creating an ideal scene. An ideal scene is an exercise that helps to manifest your ideal situation. I personally created 3 different scenes. One for my personal life, one for my professional life, and one for my future self. This is a simple journal exercise that allows you to feel connected emotionally and spiritually to your manifestations. It is super simple to do. Draw a heart in the center of your page, write in your heart what you want to manifest and from here add a lot of different spokes. Write on each spoke how you will feel, act, do when you manifest your dream. For example, in my professional ideal scene, my heart contained attracting my ideal clients. My spokes included finding my authentic voice, feeling clear and in alignment with my programs, practicing what I preach, creating and maintaining my relationships with clients, etc.. remember you can't have too many spokes. This is a powerful exercise that will help you create a positive mindset and fully embody your dreams.

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# Stop Setting Writing Limits

Part of this method to journaling more and improving your journaling skills is to stop setting limits on yourself. These might be good when you just want to start writing in a journal and aren't sure which direction to go, but as you start writing more in your journal, you need to be a little more lenient with yourself.

It is hard to really find clarity and benefit from journaling if you don't allow yourself some breathing room. There should be room for experimentation, trying new things, and exploring what is deep in your subconscious.

Here are some common journaling limits and rules that you can feel free to ignore:

- How long you have to write each journaling session.
- Filling out a certain number of pages each day.
- Having to write every single day.
- Only writing at the same time every day.
- Writing in only one type of journal.
- Using only a pen for writing in a journal.
- Writing text only.
- Having to use prompts regularly.
- Writing about your feelings.

As you can see, you probably have a lot of limitations you didn't even think about. Do you have a goal of writing a page every day? This is a good goal, but it can keep you from longer writing because once a page is filled up, you feel like you need to stop. This is why you should be as lenient as you can when it comes to your own journal writing. Give yourself grace each day when practicing, remember that each day will feel different and that is OK!

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# FINAL STEP; Always Write About What Scares You

For this last section of the method to journaling more, we are going to talk about writing about what scares you. This is actually a common tip given to beginner writers who want to write a novel or do other types of creative writing.

Writing about what scares you allows you to face your fears, and really understand more about what you are most fearful of. This can be a traditional scary story, a scenario you are terrified of, or even something that happened to you, that still gives you anxiety.

It is a challenging writing practice that not only requires you to admit what you are afraid of and actually face it in detail, but to find a conclusion or resolution to it. This is a great practice to help reduce daily stress & anxiety.

There are a few ways to do this in your journal, including:

- Writing a short story about something that scares you or gives you anxiety.
- Talking about the scariest thing that has ever happened to you.
- Writing a journal entry about what you are afraid might happen.

This fool-proof method offers you a lot of options as far as writing in your journal goes. It not only helps you journal more often, but it gives you ways to tweak your journaling practice to figure out the best journaling practice and habit for you.

# Yeah You Did It!

Cheers to you!! I am so proud of your efforts to master your journaling skills. You will immediately notice the results in your mind and body. This is an ongoing practice and it will change with you. Remember to give yourself grace and allow your practice to flow with you and change as you do.

Now that you've taken this step to create one positive shift in your life it will be even easier to keep your mindful momentum going. I am so excited to share my all new coaching program called Stress Less. I have struggled with chronic stress and anxiety my whole life and after many years of trying different coping methods, I have found that the simplest techniques such as guided meditation, daily movement, daily journaling, essential oils, staying hydrated, and mindfulness are the key ingredients to reducing stress and anxiety, creating a positive mindset, and achieving whole mind body health.

In my all new program Stress Less you will learn how stress effects your mind and body and how to make simple holistic changes to nourish your mind and body and reduce stress and anxiety on a daily basis.

I am SO passionate about this program and I have been pouring my heart and soul into the program because there isn't anything like it out there and it is truly needed especially in these uncertain times. We all are suffering from stress and anxiety on some level and this is a simple way to take back control and let that sh\*t go! I created this program with such flow and ease because I am so aligned with the content and believe in these simple tips and techniques to help you create whole mind body health!

So are you ready? Are you ready to reduce stress and anxiety from your daily life? Are you ready to learn simple tips and techniques that will drastically reduce stress and anxiety, help you stay focused and goal orientated, help you create a positive mindset, and achieve whole mind body health and wellness?

Yes! I am ready!  
I WANT IN

# Learn More About Me

Hi ! Thanks for being here! Let me tell you more about me! I am a Certified Health & Wellness Coach, Yoga & Bar Method Instructor, & Personal Trainer specializing in holistic nutrition and fitness. I hold a masters degree in clinical psychology and several unique fitness certifications including, 500 E-RYT, Pilates, NASM Personal Training, Corrective Exercise, TRX Suspension Training, and I have over 1800 hours of continued exercise and nutrition education. I am SO passionate about combining my formal education with my wide variety of fitness certifications in order to help YOU create your healthiest and happiest life! I have been coaching for over 10 years and I am so inspired to help YOU incorporate small lifestyle changes and physical movement in order to live healthy, happy, and inspired everyday! I am dedicated to providing YOU with the tools you need to live authentically while enjoying health, success, abundance, love, and spirituality.



Lets Connect

