



Eas Yoga Weekly Journal

HOW TO JOURNAL

1. **Create a Sacred Space**- Find a place that is quiet, inviting, and relaxing.
2. **Find your Journaling Style** - There are no rules to journaling. Find the style that works for you and your lifestyle.
3. **Take the pressure off** - You don't need to be a good writer, journal everyday, or write for hours. Also you don't have to write if you don't want to. You can use your smart phone. Most phones have a voice recorder on them so you can just talk to your phone to get your thoughts out.
4. **Don't Censor** - Greet all your thoughts with compassion and understanding.
5. **Look for revelations** - Be open to gaining a different perspective on life, the past and your emotions.
6. **Remember why and adjust** - If it starts to feel like a chore, remember why you started and adjust your methods.

Your Journaling Journey

HOW TO USE THIS JOURNAL

For you, journaling may be a thing you do everyday anyway or it may be a completely new experience. I know I've turned to journaling when I've had a few bumpy issues in my life. One of them being a miscarriage. I find it really helps to get rid of all the stresses and negative feelings building up in my mind. It also allows me to have a clearer head of where I want and need to be in my life. Sometimes I'll write it down and other times I'll say it into my phone. You can do whatever you feel you need to. For you, you may want to get a lovely journaling book with a beautiful cover on it and something that makes you feel you can write in it. Something you feel will resonate with you. There are a lot of lovely ones on the market. I did think about putting one in this program but I think it's a very personal decision which front cover you would like on it. For others you may want to just write it out on your laptop or tablet. Whatever you decide, know you are doing a great thing but releasing your thoughts onto paper or into your phone. Your mind will thank you for it. You also may want to buy a favourite pen. I know I have one just for journaling. Its very sentimental to me.

The first thing to do is to write three things down on this page.

1. Why do I want to start a journal?
2. What do I hope to get out of it?
3. What do I want to accomplish?

It will be easier for you to be consistent if your WHY is at the forefront of your mind.

Some reasons to start journaling may be:

- More clarity on what you are seeking.
- A peaceful, calmer mind.
- To be more productive at home and at work.
- To work on your goals in life and work.
- To keep your mind creative.

Your Journaling Journey

HOW TO USE THIS JOURNAL

There are so many benefits to journaling. Some are listed below:

- Increases productivity (especially if you are struggling at work with targets and deadlines).
- More self aware.
- Appreciation for the little things in life.
- Better mental health.
- Increased focus in all areas of you life.
- More likely to set and achieve your goals and to be more ambitious.
- Confidence booster.
- Huge mood booster.
- Decreases stress and anxiety.
- Strong willpower.

You don't need to make it all neat and tidy when you write. This is your area to write, scribble, doodle etc. Its not going to be a work of art or it will for you in your eyes. Make it what you want. Just trust in yourself and let your mind and hand be free to rid the thoughts in your mind. Write, write, write away.

When should you journal?

Well whenever takes your fancy really. Try to make it a habit and stick to it. It takes 21 days for your mind to make it a habit so keep at it. Even if its for just 5 minutes per day. You need to make it fun and not a dread in your mind. Its supposed to be fun and productive. You can use different coloured pens, pencils anything to help you on your journey. I just have one favourite pen.

Below is a set of questions you can use to help you on your way. Its up to you if you decide to use them or not. Just have fun.

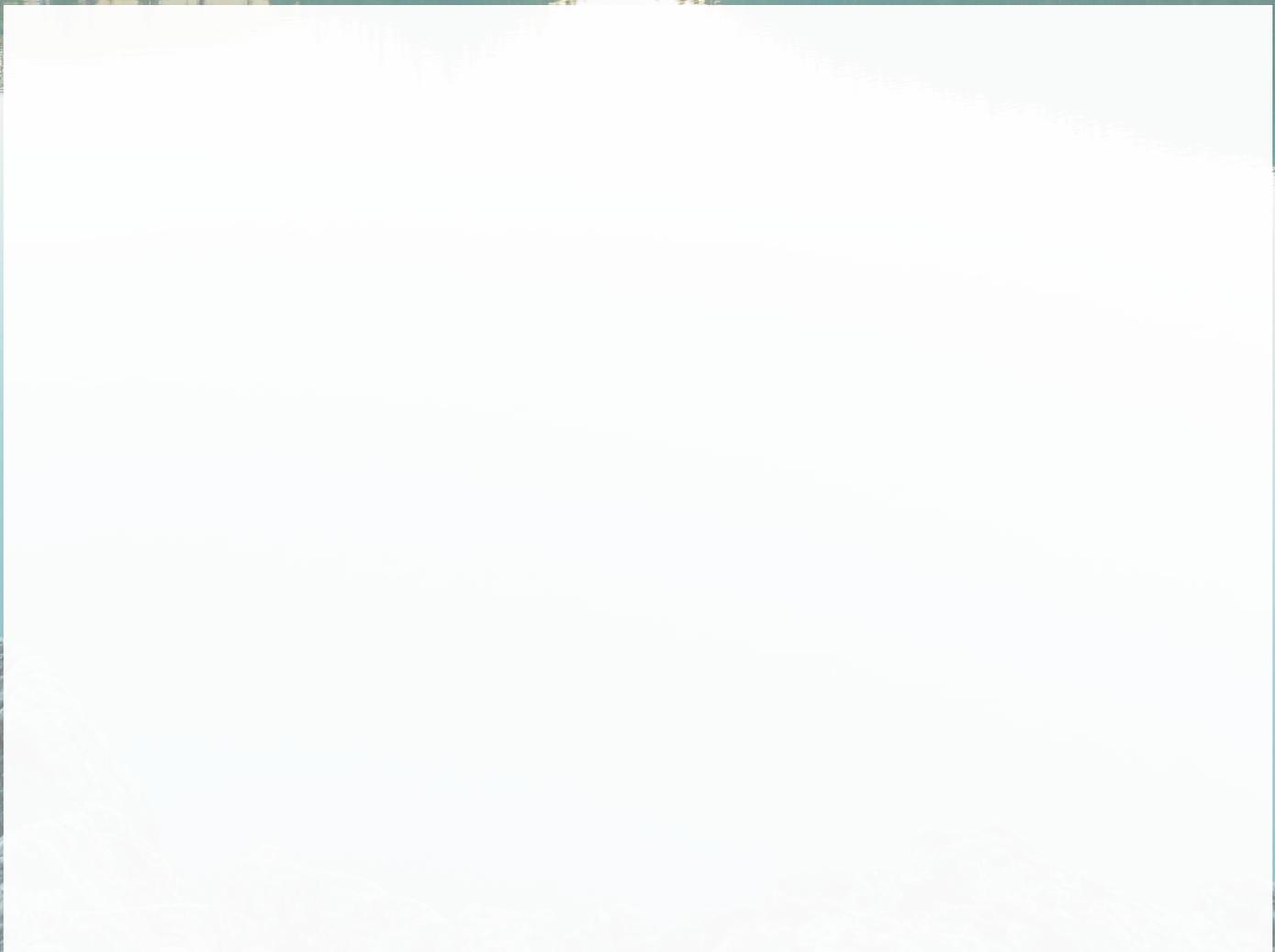
Above all enjoy and let me know if you need any help. I'm always here for you.

DATE: _____

EasYoga Weekly Journal *Writing Exercise*

WHAT GOOD THINGS HAVE HAPPENED THIS WEEK?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 5 things that made you feel good this week.

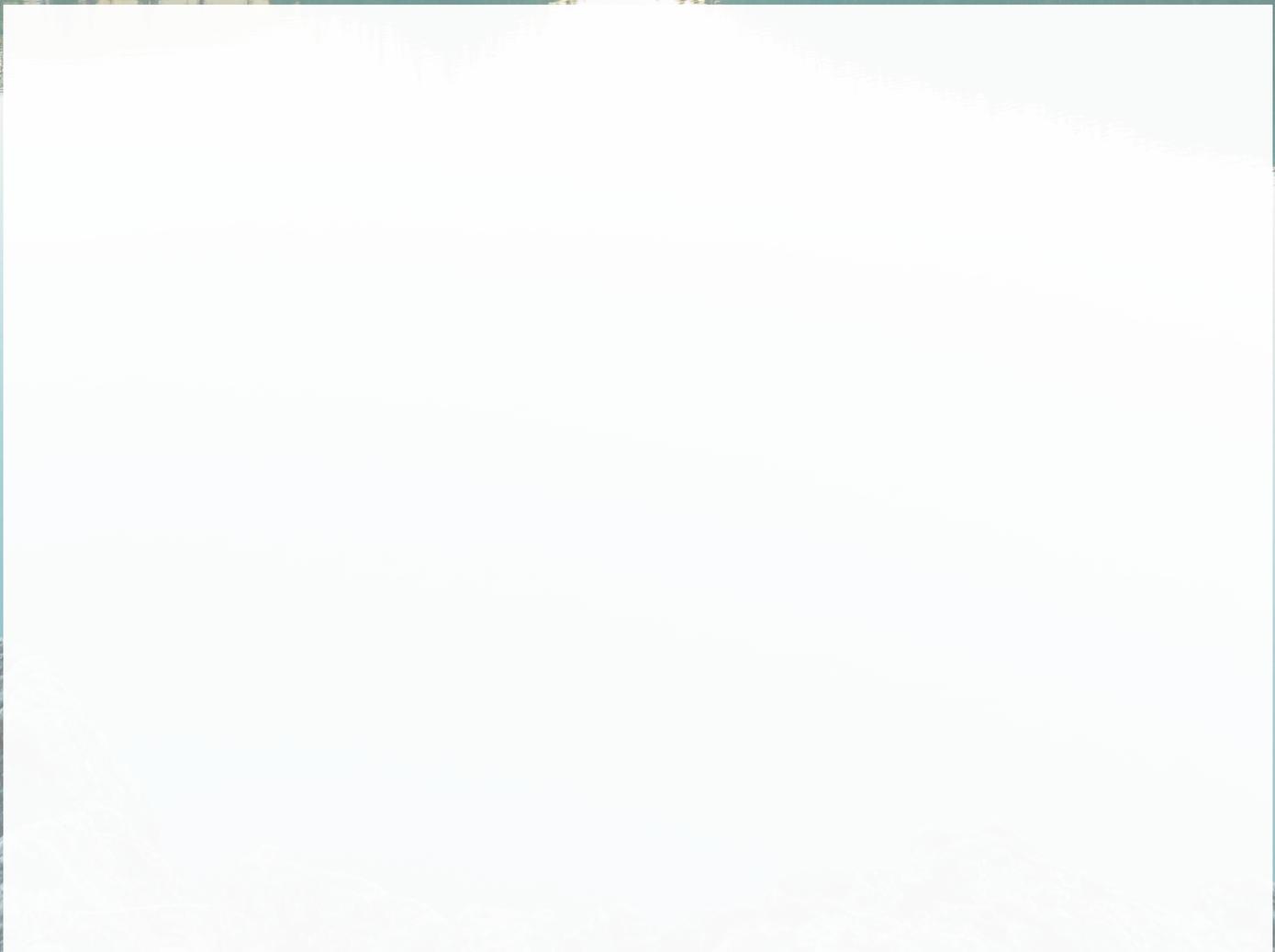
A large white rectangular area for writing, set against a background of a serene lake and forest. The background image shows a calm body of water reflecting the surrounding green forest and a small wooden pier in the distance. The foreground features dark, jagged rocks.

DATE: _____

What bad things have happened this week?

THINKING ABOUT WHAT HAS MADE YOU SAD THIS WEEK.

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things that have made you sad this week and how you feel about it.

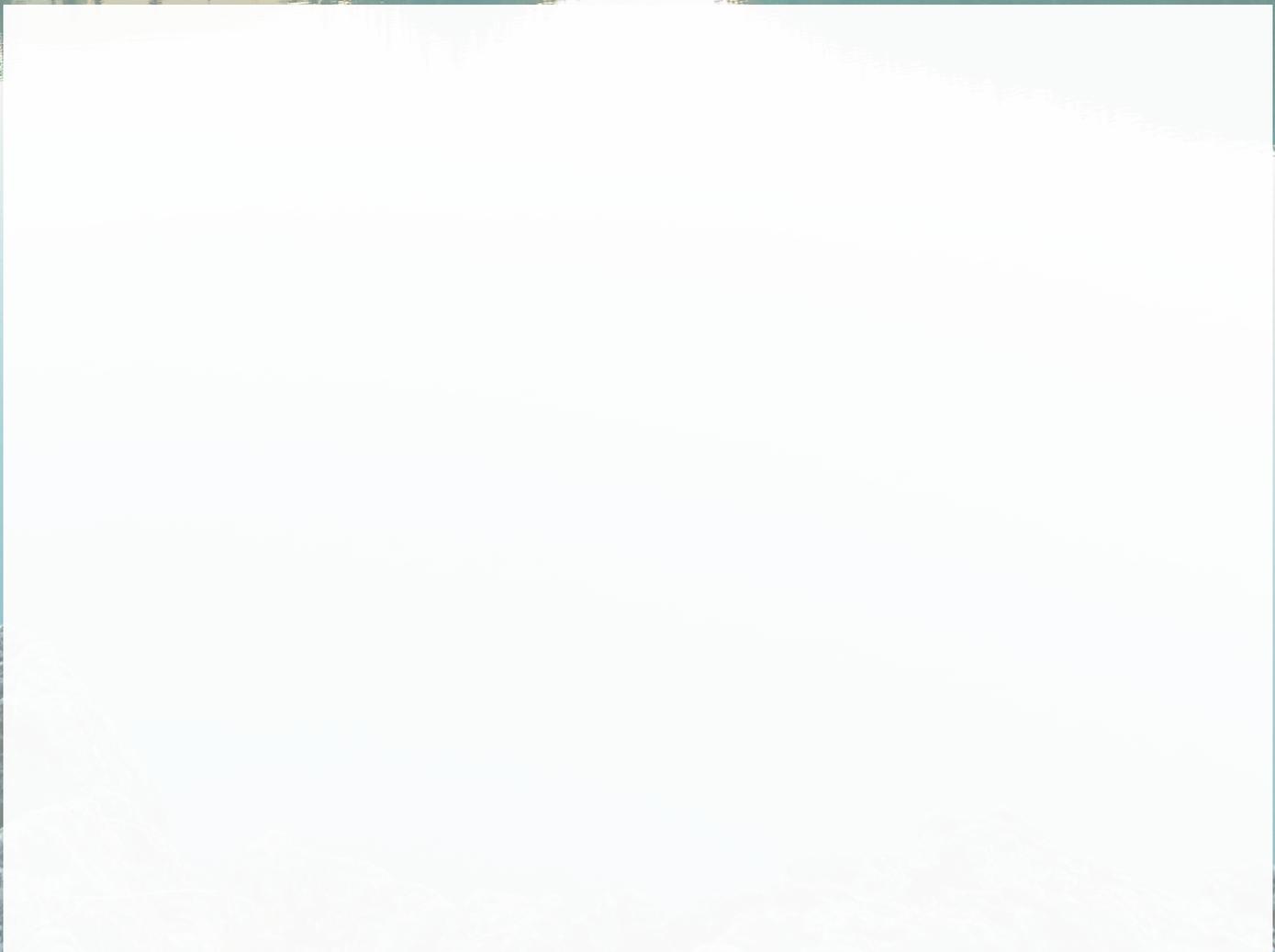
A large white rectangular area for writing, set against a background of a serene lake and forested hills. The background image shows a calm body of water reflecting the surrounding greenery and a small wooden pier in the distance. The foreground features dark, textured rocks.

DATE: _____

What thoughts have gone through my mind this week?

THINKING ABOUT WHAT THOUGHTS YOU HAVE HAD THIS WEEK?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things that you have been thinking about.

A large white rectangular area for writing, set against a background of a serene lake and forest. The background image shows a calm body of water reflecting the surrounding green forest and a small wooden pier in the distance. The foreground features dark, jagged rocks.

DATE: _____

What would my perfect day be like?

THINKING ABOUT WHAT YOU WOULD DO ON YOUR PERFECT DAY

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 5 things which would make you happy and content on your perfect day.

A large white rectangular area for writing, set against a background of a serene lake and forested hills. The background image shows a calm body of water reflecting the surrounding green forest and a small wooden pier in the distance. The sky is a soft, pale blue, suggesting a peaceful morning or late afternoon setting. The foreground at the bottom shows dark, jagged rocks.

DATE: _____

This week I will do...

THINKING ABOUT WHAT YOU WOULD DO THIS WEEK TO FEEL HAPPY.

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things which you will be doing this week

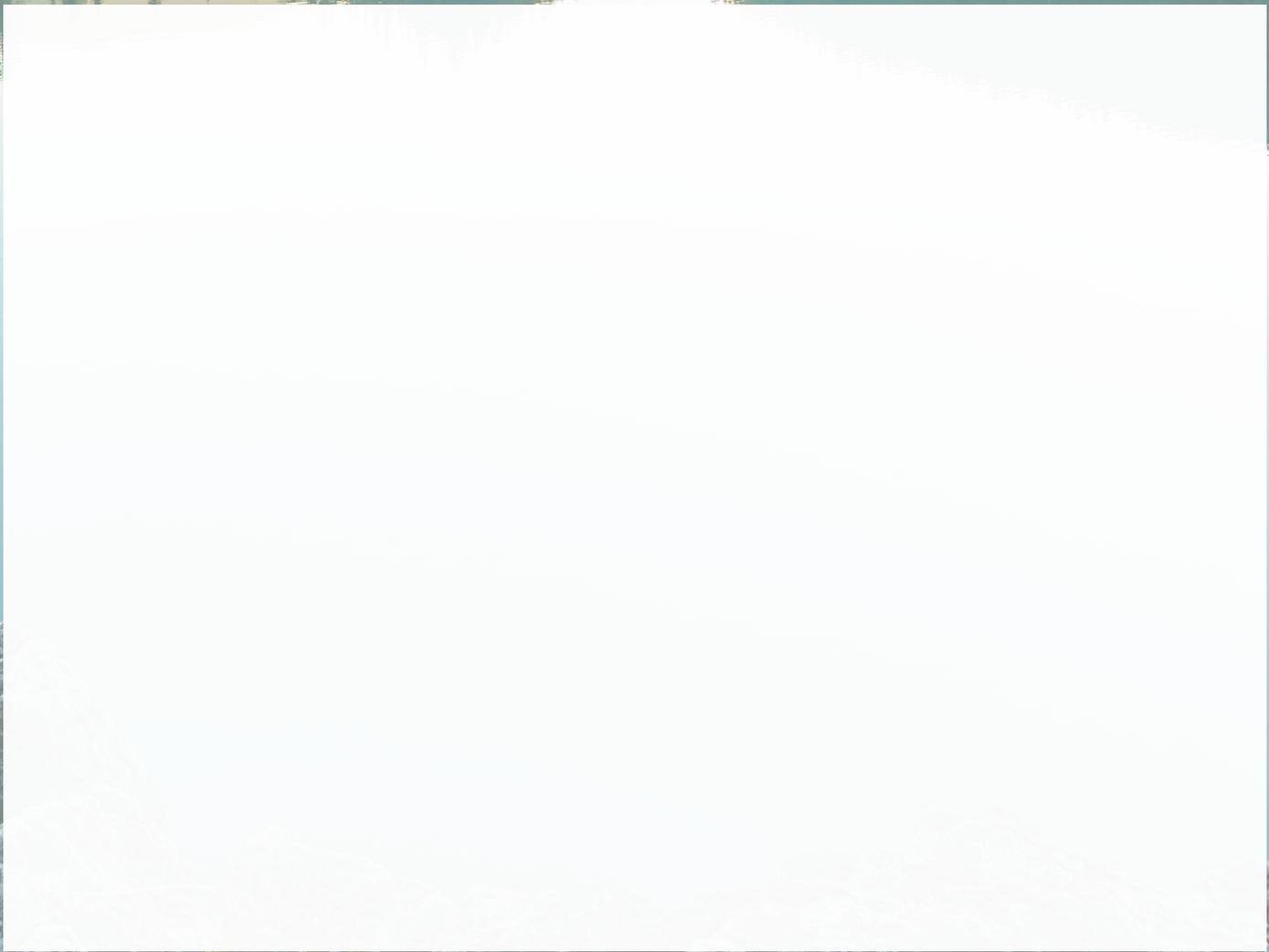
A large white rectangular area for writing, set against a background of a serene lake and forested hills. The background image shows a calm body of water reflecting the surrounding green forest and a small wooden pier in the distance. The sky is a soft, pale blue, suggesting a clear day. The foreground shows some dark, rocky terrain with a small green plant.

DATE: _____

What am I grateful for right now?

THINKING ABOUT WHAT MAKES YOU GRATEFUL IN THIS PRESENT MOMENT

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things you are grateful for right now.



DATE: _____

Free Writing Space

If you feel anything has upset you or is playing on your mind, let it all out now so you can release it from your mind and it doesn't control you any more. Write it here and free write allowing your thoughts to come out onto the paper.

Carry on writing or finding other questions as you write and create. Your mind will feel amazing after your first session and you'll want to carry on.

Know I am always here for you every step of the way. So just shout and I'll help you.

I look forward to working with you to release the pain, stress and tension.

