



***Juicy
Journaling***

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The ~~Flowerhood~~
**FLOWERHOOD
PROJECT** 
Live your Legacy, Love your Life

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Journaling

JOURNALING CAN BE A HIGHLY EFFECTIVE WAY TO:

- Process your emotions
- Release any negativity
- Organise your thoughts
- Prepare for the day ahead
- Find your voice
- Get to know yourself better
- Discover what you want
- Discover who you want to become
- Discover what you'd like to develop
- Ground yourself in Gratitude
- Communicate and converse with 'parts' of yourself
- Communicate with life (soul, guides, universe, God)

MAKE JOURNALING A DAILY HABIT...



YOU CAN HAVE SEPARATE JOURNALS FOR DIFFERENT THINGS. FOR INSTANCE:

- A gratitude journal
- A dream journal
- A quotes journal
- A bullet journal
- A beautifully crafted journal with collage, art and neat writing
- A scribble and let it all out journal



The Scribble and Let it ALL Out Journal

Using your cheap 'scribble and let it all out' journal, begin or continue your daily journaling practice. This should be a personal journal that is for your eyes only, so you can confidently allow yourself to write whatever comes up.

The 'Morning Release' is to be done first thing in the morning. It will help you release anything you need to get off your chest and out of your mind, connect to how you feel, prepare for the day ahead and ground yourself in gratitude.

The 'Evening Reflection' is to be done before you go to bed. It will help you to reflect on your day and discover what works for you, what you need to improve and what needs developed. It can also leave you in a space of gratitude which can increase your chances of getting a good night's sleep.



**HERE ARE SOME IDEAS
TO GET YOU ROLLING:**

MORNING RELEASE

Write 2 or 3 pages of free flow writing. Just write whatever is on your mind and keep writing. No editing along the way, keep it honest and real.

Ask: How do I feel? And How would I like to feel throughout the day? Write this down.

Write down you goals for the day. What would you like to do and/or achieve today?

Write down 10 things you're grateful for

EVENING REFLECTION

Reflect on your day. How was it? Did you do what you hoped you would do? Did you achieve what you set out to? If no, why not?

Ask: How did I feel throughout the day. How am I feeling now?

Write about anything else you feel the desire to write about.

Write down 10 things you're grateful for



GET CREATIVE AND BE OPEN TO A WHOLE NEW WORLD OF DISCOVERIES!